

NEW

6 Week Course

VISUALLY IMPAIRED GYM COURSE

EVERY THURSDAY

at basingstoke sports centre

from

Thursday 14th June - Thursday 19th July

12.30 - 13.30

Price: £24.00

This Visually Impaired Course is suitable for anyone with a visual impairment. Sessions are supervised and are designed to increase cardiovascular fitness and improve strength.

To book a space or for more information, please contact Sophie Hughes on:

**01256 302205 or email sophie.hughes@mybst.org
mybst.org**