

BOOST

STOCKPORT

Get a **BOOST** for your mind,
body and soul with our free
weekly wellbeing sessions

Monday 1:00pm
Social Inclusion Football
Powerleague Stockport

Tuesday 11:00am
BOOST Camp Zestus
Zestus Fitness, town centre

Wednesday 11:00am
BOOST Boxing (mixed group)
Zestus Fitness, town centre

Thursday 10:00am
BOOST TGC Womens Boxing
Life Leisure, Brinnington Park

Thursday 1:30pm
BOOST Camp Reddish
Life Leisure, Houldsworth Village

Friday 7:00pm
BOOST Camp Brinnington
Life Leisure, Brinnington Park

For more information and to register, contact Steve:
steve@the-thread.uk 07808 773264

