

BOOST

WELLBEING CIC

Delivering exercise and activities to support mental health in Stockport

Monday 11am **BOOST Weights (mixed)**
Zestus Fitness, town centre

Monday 6:00pm **GET ONSIDE Football**
Stockport Sports Village, Woodley

Tuesday 7:00pm **BOOST Women's Boxing**
Brinnington Park Leisure Complex

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

Thursday 10:00am
BOOST x ABL: Exercise and Nutrition
Zestus Fitness, town centre

Thursday 7:15pm
BOOST Find Your Strength workout
Zestus Fitness, town centre

Supporting **'Walk for Health'** walks

Tuesday 1.30pm @ Abney Hall
Thursday 12.30pm @ Alexandra Park
Thursday 1.00pm @ Vernon Park

Get in touch for more information and to register:

email: BOOST@the-thread.uk
text/WhatsApp: 07808 773264
visit: www.boostgm.com

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STOCKPORT
COMMUNITY
Champions!

