

# BOOST

#MINDBODYSOUL

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



**Monday 1:00pm**  
**Social Inclusion Football**  
**Powerleague Stockport, Heaton Norris**



**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**  
**Zestus Fitness, town centre**

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

For more information and to register,  
contact us:

email: [BOOST@the-thread.uk](mailto:BOOST@the-thread.uk)  
text/WhatsApp: 07808 773264



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STOCKPORT  
COMMUNITY  
Champions!

