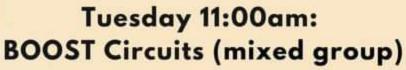
BOOST STOCKPORT

Get a BOOST for your mind, body and soul with free weekly activity sessions throughout the week, with a focus on fun and friendships



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

Friday 1:00pm: BOOST Bowls (mixed group)

Houldsworth WMC, Reddish

By referral. For more information, contact Steve: steve@the-thread.uk 07808 773264











