

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

Tuesday 11:00am:
BOOST Circuits (mixed group)
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



LOTTERY
FUNDED



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