

BOOST

STOCKPORT

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

Monday 11am **BOOST Weights**
Zestus Fitness, town centre

Monday 2pm **Yoga for Carers**
Upward Frog, 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

Supporting **'Walk for Health'** walks

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

For more information and to register, contact us:

email: BOOST@the-thread.uk
text/WhatsApp: 07808 773264

 @boost.GM

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STOCKPORT
COMMUNITY
Champions!

