

Fresh Start Gym

Inclusive sessions for people with a Learning Disability & Neurodivergence



2:30



3:30



If you are keen about having a healthy and active lifestyle to improve your well-being, come join us for an exciting session packed with fun activities! The session will feature boxercise, light weight training, circuit fitness, and plenty more. These sessions are led by a certified coach.

WHERE?

Islington Tennis Centre and Gym
Market Road, Islington, N7 9PL

WHEN?

Gym session: Monday from 2.30pm to 3.30pm

WHAT DO I NEED?

Trainers, loose clothing and water

What do we need from you?

Simply let us know if you will be attending and feel free to invite your friends!

To find out more about our sessions please contact Nikki



call or text - 07841 033248



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