

GYM SESSIONS

Tuesdays

4pm-5:30pm

At Macclesfield Performance Gym, Gunco Lane



This is a 10-week block of PT sessions in a small group of 4 young people, led by Darren Prestwood (PT) and supported by volunteers Dave and Isaac, for 11-17 year olds.

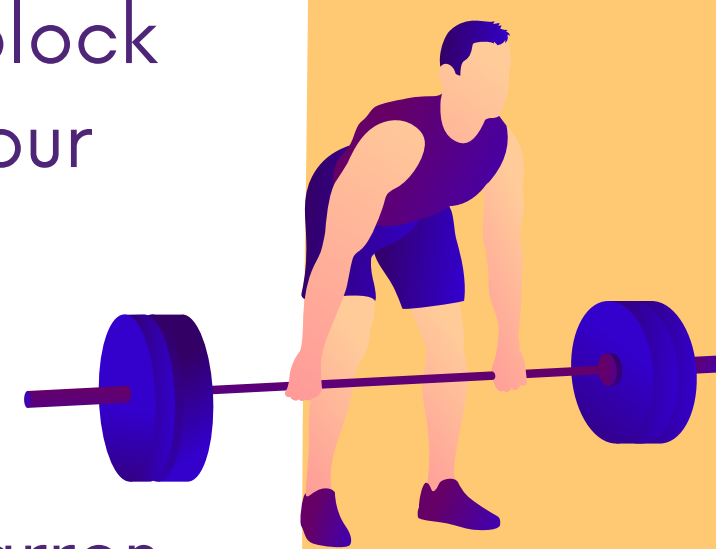


In this block of sessions you will work with Darren to set yourself goals and over the 10 week block work with him and the group to achieve your goals in a safe, nurturing and inclusive environment.

No previous experience is necessary and Darren can tailor the programme to your needs.

This group is ideal if you want to improve your wellbeing through physical exercise, build your confidence and socialise with peers.

Please note: This offer is open to young people who have **not** attended these sessions previously to allow others the opportunity to engage with us.



Please check the website for availability to join this group before making contact with Jen: jenni.chadwick@justdropin.co.uk