

# GYM SESSIONS

Tuesdays

2:30pm-4pm

At Macclesfield Performance Gym, Gunco Lane



This is a 10-week block of personal training sessions in a small group of 4 people, led by Darren Prestwood (PT) and supported by volunteer John, for 18-25 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 check the website for availability to join this group before making contact with Jen: [jenni.chadwick@justdropin.co.uk](mailto:jenni.chadwick@justdropin.co.uk)