

ROSE BUDDIES

Male Gym Sessions



Fitness sessions with 2 male personal trainers from Alliance Personal Training!

- * Come and meet Adam and Clive the personal trainers
- * Learn to use the gym equipment safely
- * Weight training, boxing, circuit training & much more!
- * Travel training from Wokingham is available.

Ring Lisa at
Prevention Services
to book your place
tel: 0118 979 9106



When?	Every Tuesday
Time?	2-3pm
Where?	Loddon Valley Leisure Centre, Lower Earley
Cost?	£6.50 per session



**WOKINGHAM
BOROUGH COUNCIL**

Rose Buddies is run by Wokingham Borough Council as a Prevention Service for adults with learning difficulties. For more information, contact Lisa Hookway on tel: 0118 979 9106 or email: lisa.hookway@wokingham.gov.uk