



Rutland
County Council

Catmose Sports Gym



**Would you like to get fit?
Would you like to go to a gym but feel anxious?
Would you like to know how to use the equipment?
Would you like to go to the gym with other people?**

You are welcome to join the small group of young people who are planning to attend the gym every week.

Trained staff will always be there to help you and you can bring your PA or support worker with you if you need to.

Once you have had a free taster session you will need to join the gym on a monthly or pay as you go basis. There will be no charge for any support worker or PA.

Ages - 16 and over

Place-Catmose Gym, Oakham

Date - Every Sunday

Time-3.00-4.00pm

