



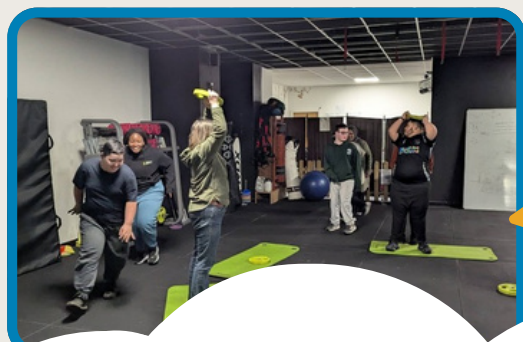
Gym Club

With Sophie Robinson at
Pinnacle Performance, age 11+

WEEKLY FITNESS SESSIONS

- Tuesdays 4.30pm - 5.30pm
- Group activities, weights, circuits, games & fitness
- Lots of fun with an expert trainer
- Promotes confidence, wellbeing and fitness

The Gym Club takes place at Pinnacle Performance Fitness Studio, Nelson St, Bradford BD1 1LA. Sessions are run by Sophie Robinson who has supported young adults with additional needs for her entire career, both in the classroom and in the gym. The cost is £5 per session, by donation.



**Down Syndrome
Training & Support
Service Ltd**

Call or email us to book your
young person onto these
sessions:

01274 561308

office@downsyndromebradford.co.uk

www.downsyndromebradford.com

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