



THE
TOGETHER SPACE



Weekly Strength & Fitness Classes

Designed for children aged 11–14 with a learning disability who have low muscle tone or reduced mobility

THESE SESSIONS ARE FOR CHILDREN WHO

- Enjoy being active and want to take part in a club at a pace that suits them
- Thrive in a supportive environment where they can grow skills alongside peers
- Are keen to build confidence, strength, posture and alignment through movement
- Would benefit from smaller, more tailored sessions
- Wednesdays 4.30–5.30pm until 17th Dec
- £10 per session



**FIND OUT MORE
AND BOOK**

thetogetherspace.co.uk

The Together Space
Gnome House
7 Blackhorse Lane
E17 6DS