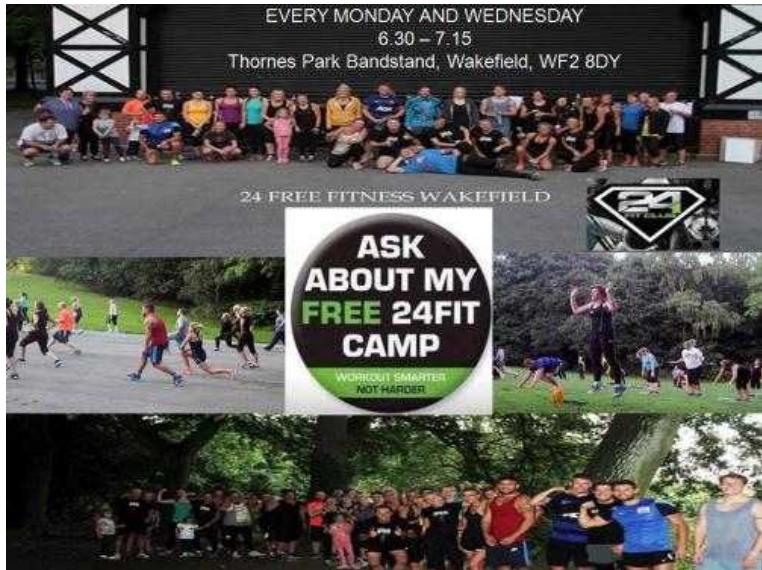


24 FREE FITCAMP WAKEFIELD



EVERY MONDAY AND WEDNESDAY

6.30 – 7.15

Thornes Park Bandstand, Wakefield, WF2 8DY

Location

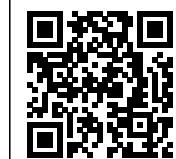
Yorkshire and the Humber, West Yorkshire

<https://www.freeadsz.co.uk/x-163891-z>

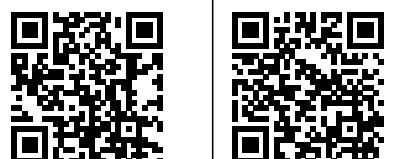


24 FREE FITCAMP WAKEFIELD, WE ARE REALLY EXCITED..... 24 FREE FITCAMP WAKEFIELD HAS STARTED"Calling ALL Men, Women, AND Children...bring all your family and friends for Fun and Fitness - FOR ALL ABILITIES"MEET EVERY MONDAY & WEDNESDAY. 6.30 - 7.15 (come a bit earlier if its your first time so we can get you registered). Thornes Park Bandstand, Wakefield (Park in Holmfield Arms car park), WF2 8DY It is FREE however we will be making donations to charity at the end of the wave so any donations will be welcome. It is good to give back. We will choose a different Charity each wave. Bring some water and a towel or mat for the floor.* Free training every Monday, Wednesday evening 18.30-19.15pm Saturday Morning we will do the Thornes Park ParkRun - you need to register for this separately online.(Link in the comments)* We will do before and after photos so you can see a visual result* Test Body Fat%* Test Muscle Mass* Test Bone Density* Hydration check* Metabolic rate* Metabolic age* Visceral fat check (The fat around your organs)* Nutritional information* Support from a massive group of coaches.* Facebook support groups. There will be prizes at the end of each 3 week wave* To qualify for prizes you must attend at least 6 of the 9 sessions.?Children are welcome but MUST with an adult.?Fun for all the family?Please bring your friends Your progress will be checked at the start and at the end so you can see the benefits of what is going on the inside as well as the outside of your body.TEXT "Join24Fit + your name" to 07564 219189 to book your place.(All places are FREE, but you must book),, Dewsbury, 07564.

07564219189



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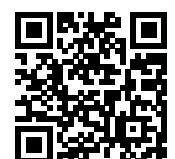
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