

24 FREE Fitness Wakefield



FREE FIT CAMP!

ON YOUR REGISTRATION YOU WILL RECEIVE :

- 45 Minute Group Fitness Session
- Level 10 90 Day challenge
- A chance to win cash prizes!!
- A Free Wellness Evaluation (must be completed in week one)
- Nutrition Advice

Kettlethorpe High School
Standbridge Ln, Wakefield, West Yorkshire WF2 7EL

Starts Monday 5th October 6.30pm - 7.30pm
Please arrive 6pm on your first session to register

Then EVERY Monday & Wednesday
6.30-7.30pm











All you need to do is tell your friends, family & children
Bring yourselves, water and a mat

Find us on Facebook - 24 Free Fitness Wakefield

**Train For FREE!!!
3 Times A Week!**

Location **Yorkshire and the Humber, West Yorkshire**
<https://www.freeadsz.co.uk/x-190585-z>

Fit camp FREE – Wakefield – Wave 2 starting Monday 5th October @ 6pm
 (Then every Monday & Wednesday 6.30 - 7.30, Saturday Park-Run @ 9.00am) 5 weeks of free* fitness 3 sessions per week
 1 wellness coach available for a free health check and nutritional advice throughout Bring your friends, your family and your kids if you need to. Everyone welcome - all abilities! Inbox Jayne Rayner or call on 07564 219189 to pre-register.
 Places going fast. *small £1 contribution requested per session towards venue hire and all extra goes to a nominated.

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