

# Free Fitness Classes



## PHASE 7

LAST CAMP BEFORE SANTA!  
drop a few pounds to get into that xmas party dress

WISHAW24FIT FITCAMP  
FREE Fitness

\* Register Here <http://www.24fitcamp.co.uk/aweir> \*\*  
(Wishaw near the bottom of list)

Invited By 'Alan Weir'

Any questions dont hesitate to contact  
email [alan@run24fit.co.uk](mailto:alan@run24fit.co.uk)  
txt:07831171188

Location

Scotland, West Lothian

<https://www.freeadsz.co.uk/x-202289-z>

\*\*\*FREE fitness Wishaw/Overton\*\*\*

After Great success and one of our biggest camps yet

Phase 7 is now open for registration.

Get your friends along also.

FREE Fitness at Wishaw/Overton, Info Night 17th November 19:00, Fitness 20th Nov.

<http://www.24fitcamp.co.uk/aweir> & invited by me "Alan Weir" (Wishaw bottom of page)

Meet new friends,

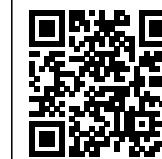
Bring your Friends,

For all abilities.

Free Nutrition Advice

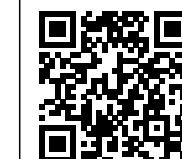
Support from all coaches.

Get in the shape of your.



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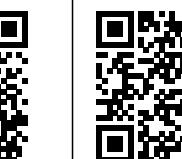
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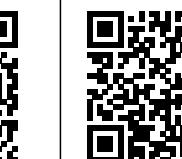
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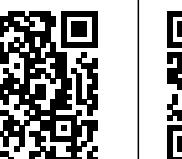
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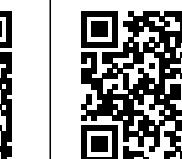
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