

24 FREE Fitness Wakefield (1 GBP)



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
- £1 Charity Donation

Train For FREE!! 3 Times A Week!

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

Starts Monday 4th January 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

Location **Yorkshire and the Humber, West Yorkshire**
<https://www.freeadsz.co.uk/x-249756-z>

Here at 24 Free Fitness Wakefield we have something to suit everyone who wants to get in the best shape of their lives. All ages and abilities welcome to one or all 3 of our options.

1. Walkfit Every Friday: 9.30 - 10.30 (meet by Sports Centre Car-Park @ Thornes Park, Wakefield)
2. Fitness Session, plus additional Nutritional advice: Every Monday & Wednesday: 6.30pm - 7.30pm (Kettlethorpe High School, Standbridge Lane, Wakefield)
3. Runfit Every Saturday: 5k Parkrun, Thornes Park, Wakefield, Meet at 8.45am. You can Walk, Jog or Run the course its up to you.

TO GET INVOLVED TEXT "FIT + YOUR CHOICES" TO 07564

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