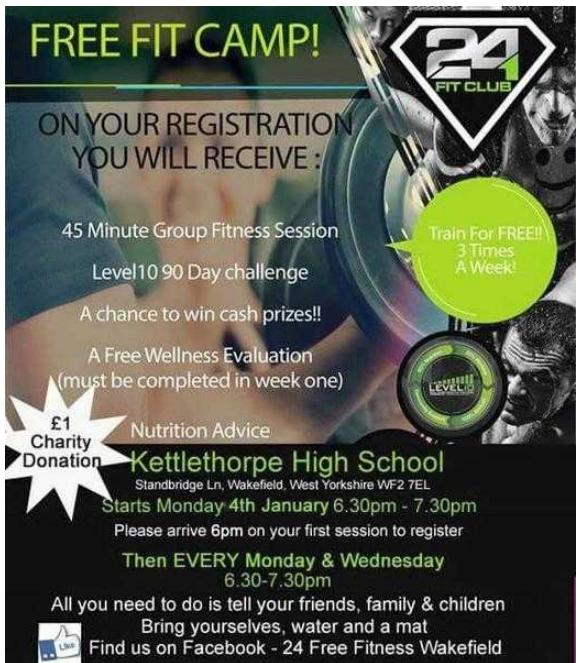


# 24 FREE Fitness Wakefield (1 GBP)



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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