

Wishaw Free Fitcamp



Location

Scotland, Lanarkshire<https://www.freeadsz.co.uk/x-273239-z>

** Free Fitness **

Tue/Fri 7pm-8pm

Information Night 1st March, Fitness Test 4th March

Overtown Community Centre

8 physical training sessions. Number of sessions can vary between different groups.

Basic education in nutrition to help you get the best result.

A free lifestyle evaluation and body scan that establish your starting point.

A fun and simple physical test the first and last day to measure the progress.

We celebrate everybody's success and recognize those who have done extra great.

But first of all we have a lot of fun on our way to a healthy active lifestyle.

FREE, FUN,

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