

# Fun - Simple - Magical

**WORK OUT SMARTER, NOT HARDER!**  
JOIN OUR 4 WEEK FREE

## FIT CAMP

We educate you on how to make small changes for a healthy active lifestyle.

- 1-2-1 personal coach to identify YOUR goals and create your personalised programme
- Attend up to 8 totally FREE group exercise classes a week!

You are totally supported every step of the way!  
[www.24fitcamp.co.uk/clair](http://www.24fitcamp.co.uk/clair)

Please call: **0792 904 1121**  
[clair@fitclubliverpool.co.uk](mailto:clair@fitclubliverpool.co.uk)  
Or register at [www.fitcamp.co.uk/clair](http://www.fitcamp.co.uk/clair)

Unit 33, Compass West, Speke, Liverpool, L24 1YA

Location **North, South Wirral**  
<https://www.freeadsz.co.uk/x-319703-z>



Come and join our 4 week fit camp as we help get our community healthy through eating right staying active and keeping healthy. whats included: free Body profile 4 free classes a week including bums and tums and 5 wks to 5k nutritional advice and sampling of products for less than a taxi fare and ongoing coaching through behavioural change as we support and help you through your



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