

## **Wishaw Free Fitcamp**



Location **Scotland, Lanarkshire** https://www.freeadsz.co.uk/x-320080-z

NEW PHASE STARTS @ Wishaw Free Fitcamp Free Workouts, Free Nutrition Advice Starting on 19th April(info night), 22nd April(Fitness test) Then 4 weeks workouts TUE/FRI Overtown Community Centre ML20QF at 7pm

Register Here invited by me "Alan Weir" http://www.24fitcamp.co.uk/aweir

For those looking to focus for 4 weeks. Get involved with our FREE Fitcamp.

Initial weigh in & fitness test at start

FREE Nutritional advice

Final weigh in & fitness test at end

Amazing results were achieved on last Phase. Fitness Levels Improved Massively.

Intro & Weigh in 19th April, Fitness test 22nd April, then 4 weeks free workouts.

PM me for more details OR EMAIL click to



