

# SHAPE UP TOGETHER 24FIT (1 GBP)



**DISCOVER YOUR INNER LEVEL 10**

SHAPE UP TOGETHER 24FIT

Start your journey to reaching your personal

All Ages and Abilities Welcome  
Children welcome (must be supervised)  
Bring your friends & a bottle of water.  
(Mat & Bottle of Water required for BodyFit)

**COME AND.....**  
\* Exercise \* Get Nutrition Advice  
\* Make new Friends \* HAVE FUN \* Get in GREAT SHAPE  
\* Enter our 6 Week "Win the Pot" Competition

**£1 WalkFIT: Every Monday @ 9.30am**  
**£1 BodyFIT: Every WEDNESDAY @ 6.30pm**

**MEET @ BYWELL PARK (playarea), LEEDS ROAD, DEWSBURY**  
**TO JOIN IN CALL JAYNE: 07564 219189**

Your £1 per session goes into a POT, then in 6 weeks the best result "Wins the Pot"

Location **Yorkshire and the Humber, West Yorkshire**  
<https://www.freeadsz.co.uk/x-376595-z>

Shape up Together 24FIT is here to help communities lead Healthier Active Lifestyles.

- All ages and abilities welcome to join in
- Children welcome (as long as they have adult supervision)
- Nutrition advice\*

£1 per session (which goes towards our 6 Week Better Body Challenge - where the winner "Wins the Pot")

We currently have options in Dewsbury, Lupset and Pudsey

See the main poster for full details OR give me a call to



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