

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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