

SHAPE UP TOGETHER 24FIT (1 GBP)



Location

Yorkshire and the Humber, West Yorkshire

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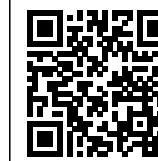

Shape up Together 24FIT is here to help communities lead Healthier Active Lifestyles.

- 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



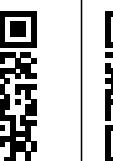
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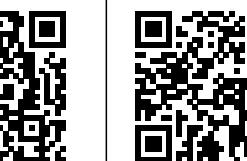
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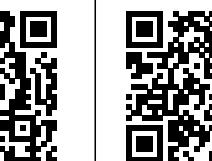
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