

# 1 WalkFIT and 1 BodyFIT



**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"

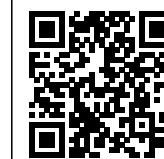
Location

Yorkshire and the Humber, West Yorkshire

<https://www.freeadsz.co.uk/x-387838-z>

Shape up Together 24FIT is a community based fitness/exercise group designed to help everyone get in shape. We offer our £1 WalkFIT and £1 BodyFIT to help anyone get fitter and healthier. We Welcome:

- All Ages
- All Abilities
- Children (as long as supervised by their adult)
- All Fitness levels We run a 6 Week Challenge (next one starts 4th July) where you pay £1 (per session) in to the "Win it Pot" . At the end of the 6 weeks, we pick a winner to "Win the Pot". The winner will be the person who has attended the most sessions and achieved the best results. ALL you need to do is:
- Register for a place (simply text BodyFIT Dewsbury" to 07564 219189 07564 2191... (click to reveal full phone number)
- We'll then book in for a Body Composition Analysis so we can record your starting measurements (weight, body fat, muscles, hydrate, viseral, etc...). These will then be monitored throughout the 6 weeks.
- Then come along, bring you £1, a workout mat and a bottle of water. You will also receive Nutrition Advice and Exercise tips you can do in between sessions to help you get the best result and be in with a chance to "Win the Pot". THATS IT. SO, ARE YOU READY TO TAKE THE CHALLENGE
- \*\* EXTRA REWARDS available if you bring the most friends with you too. (Find and ask to join our group on Facebook: Shape up Together



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