

6 WEEK 039SLIM FOR SANTA039 CHALLENGE (1 GBP)



Location Yorkshire and the Humber, West Yorkshire https://www.freeadsz.co.uk/x-461188-z



Are you looking for a Fun, Cost Effective way to get in the Best Shape of your Life?? Shape up Together 24FIT has 2 options: Option 1: Fitness & Nutrition: We meet every Wednesday 6.00 - 7.00. You will receive a great work-out and nutrition advice to help you get in the great shape Option 2: WalkFit: We meet every Monday, Wednesday and Friday @ 9.30am for a brisk 5k walk. Nutrition advice also available as we walk. THE GREAT THING IS, BOTH OPTIONS:

- Are open to ALL ages and abilities
- Children are welcome (as long as supervised by their adult)
- FREE Wellness Profile for all participants
- Weekly progress catch-up
- Weekly Nutrition Talk/Chat
- Useful tips and advise in our secret facebook group (where all particpants are added)
- ENTRY into our 6 weekly Body Challenge. Where the most improved wins a prize INTERESTED!! GET IN TOUCH AND SECURE YOUR PLACE (see pictures for booking details) (You can find us on Facebook: shapeuptogether24FIT);

