

# FREE - 4 WEEK FITNESS CHALLENGE



**FREE 4 WEEK FITNESS CHALLENGE**

**Come and be part of our fitness family and make new friends – most of all have fun and get your results**

**Come and join in whether you want to:**  
Gain muscle, lose fat, gain energy, strength, tone up, etc.

- 4 week challenge
- All classes are free to attend
- One off £10 body composition challenge entry
- Free personalised meal plans
- Free ongoing coaching
- Free weekly body analysis and break down (worth over £250)
- Substantial cash prize for challenge champion

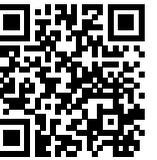
**ALL CLASSES ARE FREE TO ATTEND**

**CONTACT Richard : 07811 394 157**

56 Joel Street, Northwood Hills, Middlesex, HA6 1PA

Location **London, London**  
<https://www.freeadsz.co.uk/x-485769-z>

Come and be part of our fitness family and make new friends - most of all have fun and get your results. ALL CLASSES ARE FREE TO ATTEND Come and join in whether you want to : Gain muscle, loose fat, gain energy, strength, tone up, etc. Classes are 7pm on, Monday, Wednesday & Friday \* 4 week challenge \* All classes are free to attend \* One off £10 body composition challenge entry (admin cost) \* Free personalised meal plans \* Free ongoing coaching \* Free wellness, Weekly body analysis & break down (worth over £250.00) \* Substantial cash prize for challenge champion We are in Northwood Hills, Contact me now to book your 4 Week challenge. Richard 07811394157 078113941...(click to reveal full phone)

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