

SHAPE UP TOGETHER 24FIT (1 GBP)



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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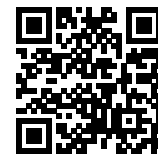
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