

1 WalkFIT and 1 BodyFIT



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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