FreeAdsZ.co.uk

1 FITCLUB

Location **Yorkshire and the Humber, West Yorkshire**
https://www.freeadsz.co.uk/x-407871-z

Shape up Together 24FIT is a community based £1 Fitclub offering exercise and nutrition advice to people of all ages. We currently have options in Dewsbury, Pudsey and Wakefield and will be launching in Morley on 14 September. All our Fitclubs are open to people of all ages and abilities and we even welcome children (from buggy tots to teens - but they must be supervised by their adult we do not offer a creche facility). We offer everyone
- Exercise (tailored for all abilities)
- Nutrition Advice
- Personalised nutrition plans (where appropriate - and not a requirement to join Fitclub)
- Free Wellness Evaluation before joining and ongoing progress monitoring.
- 6 Week Better Body Challenge where someone will win a Prize - The option to bring you children, and workout out while they play in the kiddies corner (some toys will be provided but please feel free to bring your own to keep them amused). IF YOU ARE interested in joining one of our Fitclubs or want more information simply: 1. Click on the photo with the club you would like to join
2. Contact the person on the photo
3. Book your Wellness Evaluation/Free Registration to join in
4. Come and have lots of fun and get in the best shape of your life SIMPLE. WHAT ARE YOU WAITING

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