

4 week free fitness classes for all ages



Location **London, London**
<https://www.freeadsz.co.uk/x-509775-z>

****FREE FITNESS SESSIONS ARE BACK****

Our FREE community 24 FIT BOOTCAMP 4 WEEK CHALLENGE is now back and FREE for all via popular demand!

Come and join us a family to bond and join our loving community who have come together to help get everyone into shape. Whether you want to come by yourself or bring a friend/ partner - everyone is welcome.

- 20% Exercise
- 80% Nutrition
- 100% Positive Mindset!

There is lots of offer!!

FULL BODY TRANSFORMATION IN OUR 4 WEEK CHALLENGE

Different variations for ALL exercises for all different fitness levels! You will grow through the variations and work out with like minded positive people who are all here to drive each other to results!

FREE:

- Initial FULL BODY READING (Worth £249.99)




- Weekly Progress Readings

- Personalized nutrition & hydration with your coach
 - Personalized nutrition & hydration
 - Personalized classes per week

There is a one-off £10 admin fee for the 4 week challenge.

Location: St Helens School, Northwood
 TEXT "BOOTCAMP & NAME" to 07710636562 07710636562... (click to reveal full phone number) or click 'Reply' to confirm your space and receive more information.

Classes are at 7pm EVERY MONDAY, WEDNESDAY & FRIDAY. It's never too late to join.

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4 WEEKS TO A BETTER YOU!

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