



# BACK2FITNESS

**INCLUDING COUCH25K**

**10 WEEK PROGRAMME STARTING W/C 16TH JANUARY 2017**



**Want to get fit and lose weight for 2017?  
Join our NEW Back2Fitness Programme  
in a relaxed and friendly atmosphere.**

**Programme includes:**

- Slow paced workouts for beginners
- Monitor your weight each week
- FREE Health check at week 1,5 and 10
- Weekly challenges

**Back2Fitness Tuesday and Thursday 7-8pm  
Couch25K Monday 6.15pm**

**£5**

or £2 C25K per session  
£80.00 for 10 weeks

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