

ARE YOU FIT 4 LIFE?

.....or are you lacking in energy and prone to overeating?



YOREBRIDGE SPORT AND FITNESS ARE RUNNING A SESSION TO HELP YOU ACHIEVE A HEALTHY LIFESTYLE WITH A MINIMUM OF EFFORT.

WHATEVER YOUR GOAL, WEIGHT LOSS, IMPROVING FITNESS, GAINING ENERGY, FITTING HEALTHY EATING INTO A HECTIC SCHEDULE... COME AND JOIN US IN AN INFORMAL SESSION EVERY TUESDAY FROM 20 JANUARY BETWEEN 7.30 AND 8.30pm AT THE WENSLEYDALE CENTRE, ASKRIGG.

**THE SESSION WILL INCLUDE A PERSONAL PLAN TO HELP YOU GET BACK ON TRACK.
£4 PER WEEK .**

**Ring Lesley on: (01969) 650060
or email:**

**admin@yorebridge-sport.co.uk
for further details or to book
your place.**

