

FIT TOGETHER



12 week programme **£70**

A GROUP LED FITNESS PROGRAMME

Mental Health

Confidence

Support

Positivity

Health


Strength

Fitness

Fit Together is a 12 week weight management and mental well-being programme.

Whether you are looking to lose weight, gain muscle or improve your physical and mental well-being.

Includes:

- Trial Myzone Belt 
- 12 x 1 hour sessions
- Nutritional Information
- 12 weekly programmes
- 15 minute weekly fitness class
- Tips on making healthier life choices

Course costs £70. You must have an active 3 month gym and classes membership.

OR add a £25 bolt-on to your membership for 3 months.

3d health & fitness
WEY VALLEY SCHOOL

01305 817072
cmwv@3dhealthandfitness.co.uk

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