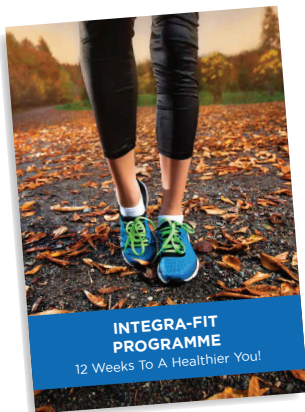


If not *now*, then *when*?

Why not spend the next 12 weeks working towards a healthier you?



We are able to offer a supported 12-week structured programme which will feature a consultation, lifestyle analysis, assessment and body metric measurements, followed by 11 weekly 30 min check in appointment with your nominated instructor at the same time each week to catch up and track your results.

Designed to assist you to make the transformation to form a habit and build health & fitness into your lifestyle.

£120 up front

£45 per month
(for 3 months)



3d health
& fitness
WEY VALLEY SCHOOL

01305 817072
cmwv@3dhealthandfitness.co.uk

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