

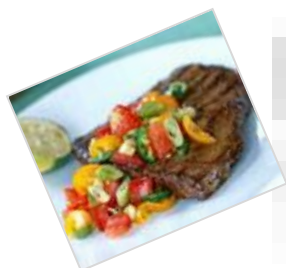


Men's Shape Fit Challenge

Starting soon!

The 6 Weeks Programme Includes:

- ★ Full Body Analysis at the Start & the End of the Challenge
- ★ Weekly Progress Reports
- ★ Nutritional Planning
- ★ Training Programmes
- ★ Seminars on Nutrition
- ★ Various work outs every Wednesday
- ★ E-mail support system



£'sss worth of prizes

Entry Fee Just £40

Bring a friend to take part with you! Non-members are welcome!

**For more information please contact us on 01895 271 217 or via email
uxbridge@active4less.com or simply ask at reception.**

**What can you achieve in 6 weeks?
Decide – Commit - Succeed**

**Sign
up!**