



**Want to get in shape for Christmas?**

**8 week challenge**  
**6th Oct – 28th Nov 2014**

**£100 registration fee per person to secure your place in the challenge. Limited to 25 places!**

**3 Exercise Classes per week**  
**(Mondays, Wednesdays & Fridays 8-9pm)**

- **Week by week Diet/healthy eating plan**
- **Open to males and females of all fitness abilities (over 18s only)**
- **Become the Backrow's Biggest Loser and win your registration fee back again!**

**Classes delivered By Emmett Stewart**  
**Registration packs can be collected from the Backrow Recreation Centre or Workspace office**

**Contact Helen or Emma at the Workspace Group for further information on**  
**028 7962 8113 or email [emma@theworkspacegroup.org](mailto:emma@theworkspacegroup.org)**