

# BIGGEST LOSER



**Want to get in shape for the Summer?**

**8 week challenge**  
**5th May – 28th June 2014**

**£100 registration fee per person to secure your place in the challenge. Limited to 20 places!**

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

- **Fitness challenge every Saturday morning**
  - **Suggested 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 Adele or Emma at the Workspace Group for further information on**  
**028 7962 8113 or email [adele@theworkspacegroup.org](mailto:adele@theworkspacegroup.org)**