

THE BIGGEST LOSER



Energise Centre
Live life to the full



Community Weight Loss Challenge

Are you serious about losing weight? Join our 10 week challenge today

- Weekly Weigh & Measure
- Tips, advice and weight loss information
 - Free Gym Sessions
 - Nutritional sessions
 - £1 swim sessions
 - Support and friendship
 - Weekly prizes & rewards
- Biggest loser wins a kitchen hamper!



Challenge starts Fri 12th January 10am-12pm

Weekly Drop in sessions



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www.twitter.com/EnergiseCentre

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