



Body Shape

Weight loss
programme

- *Lose body fat*
- *Maintain a healthy body weight*
- *Improve your health & fitness*
- *Have a better body shape*
- *Look and feel better*
- *Tone up*

Body Shape with Health Life Fitness is a 12 week group weight management programme for men and women. Some of Body Shape's main aims are to:

- Support you in achieving your weight management goals such as losing body fat & keeping weight off
- Give you the information to have more control over lifestyle choices that can affect your weight
- Tone up and have a better body shape
- Improve your overall health and fitness

Costs

Costs start from £4.50 per session. £6 if paying weekly, £30 if paying for 6 weeks and £54 if paying for 12 weeks.

Body Shape locations, days and times

Please take one of our current timetables, or go to our website to view or download our latest timetable of when and where our Body Shape classes are running.



Health Life Fitness (also known as HLF) is a local specialist lifestyle organisation that offers a range of services in a friendly supportive environment to help you reach your health, fitness and weight management goals.

Whether you're looking to stay functional in older age, improve your strength and fitness, manage your weight, make some lifestyle changes or improve your diabetes, we have a range of classes and programmes to help you reach your goals including:

- Weight management programmes
- Functional fitness classes for older people (such as strength, balance and mobility)
- Health & fitness classes for people with pre-diabetes and type 2 diabetes
- Adult functional fitness classes
- Lifestyle informational talks

If you would like more information on any of our classes or programmes, please contact us to arrange a chat and see how we can help you.

☎ 07306 334222

✉ ian@healthlifefitness.org

🌐 healthlifefitness.org

