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#FITFORAFIVER

**MUSCLE
WARRIORS**

**LOSE A FEW
POUNDS
AND GET FIT
FOR A FIVER**

We need your support to help us deliver 657 Muscle Dreams for children and young people with Muscular Dystrophy... that's one life-changing experience for every muscle in the human body. FOR JUST £5.00... you can help our charity move closer to this goal by simply exercising your muscles and in the process... get #fitforafiver!

musclehelp.com/powerof657/fitforafiver

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Instructor:

Time:

Venue:

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