



# Weight Loss Challenge

*Are You Serious About Losing Weight?*

**Join the 12 Week Challenge today!**

**See what these ladies achieved in just 12 weeks**

### 1st Prize



**Susan lost 21.6lbs  
13.24% of body weight**

### 2nd Prize



**Sandra lost 23.1lbs  
13.17% of body weight**

### 3rd Prize



**Mary lost 21lbs  
12.45% of body weight**

**Group Weight Loss 119 lbs!** <sup>7 participants</sup> <sub>17lb per participant</sub>



**Classes At Hearts Health Club**

**Limited Spaces - Call Now!**

**Only £39 for the full 12 weeks or FREE to members**

**Book Your Place Today, Call:**

**Crosby: 0151-924 0004 Wallasey: 0151-639 7781**