

LASS – Supporting your Lifestyle Change

Signposting Permission forms for website

Area:-	Cheviot	Town:-	Jedburgh
Activity:-	Body weight exercises	Name of activity:-	Metafit
Venue:-	Kenmore Hall, Jedburgh	Day/Time:-	Tues 7.30 – 8.30 pm
Contact information:-	Jocelyn@fitborders.co.uk Mobile: 07889 225126		
Cost:-	£5.00	Gender:-	Open to all

Additional Information to be included

Metafit combines traditional bodyweight exercises with the latest high intensity interval training (HIIT) and Tabata techniques, working on the premise that in order to burn fat, you need to boost your resting metabolism.

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All information is to be signed as approved before inclusion on the LASS website for copyright purposes			
Name of event organiser:-		Signed:-	
Organisation:-		Date:-	
Lifestyle Adviser:-		Date:-	

