

# Be part of the winning team in the Race to 2012



## **Why not start the New Year in a new way! Wanting to shed those extra pounds gained over the festive season? Then why not join us in the Race to 2012!**

The challenge is to be part of a Kirklees Active Leisure team who will jointly aim to reach a total weight loss of 2012lbs. Teams are broken down to our North Kirklees centres and South Kirklees centres and all participants will see a mentor once a month for weighing, advice, support and development.

The aim is to smash the scales and lose a minimum of 7lb in a healthy and managed way. If you're a non member\* don't fret the Race to 2012 is open for everyone, so get signed up now! The first 100 customers to sign up in North Kirklees and the first 100 customers in South Kirklees will make the crucial competition.

### **Let's get ready to race to 2012!**

#### **For more information or to sign up contact your local centres:-**

Batley Baths / Batley Sports & Tennis Centre / Colne Valley Leisure Centre / Deighton Sports Arena  
Dewsbury Sports Centre / Holmfirth Pool & Fitness Centre / Huddersfield Sports Centre / Scissett Baths & Fitness Centre / Spenborough Pool & Sports Complex / Whitcliffe Mount Sports Centre / Stadium Health & Fitness Complex

### **To celebrate the London Olympics KAL is running the KAL Challenge + KAL Games throughout 2012. Be part of it**

\*Please note, non members will be charged a guest fee for the mentor sessions and any other facilities