

**Unleash the NEW YOU this festive
season**

And take part in

**Wynberg's Weightloss Challenge
9 December 2010 – 6 January 2011**



Prizes for:
1) The most classes attended
2) The Biggest loser



**Pick up your entry forms
@reception**



**'Will you walk a little faster?' said a whiting to a snail,
'There's a porpoise close behind us and he's treading on my
tail.**

See how eagerly the lobsters and the turtles all advance!

They are waiting on the shingle

Will you come and join the dance?

Will you, won't you, will you, won't you,

Will you join the dance?

**If you don't know where you are going,
Any road will take you there !**

