

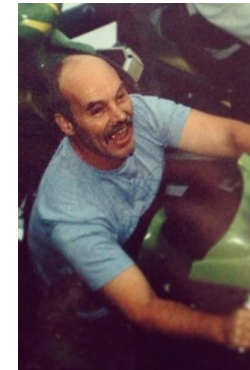
SPRINGFIT

Valentines Day Onesie Week

Monday 9th February - Sunday 15th February

Springfit will be feeling the love next week. For a small donation of £2 or more, we invite all our members to join us and come to classes in onesies or pyjamas.

Donations will go to two very worthy causes close to our hearts. Half of the money will go to The British Heart Foundation in memory of Charlie Clifton.



The other half will go to C-R-Y (Cardiac Risk in the Young) in memory of Marie Manhire-Clark. Both were a very big part of Springfit and were tragically taken away by heart attacks in recent years

Taking part is optional but we would love everyone to join in. Kindly hand any donations to your coach before class starts or you can donate online at www.virginmoney.com/team/springfit



We look forward to seeing you in your onesie!!

