

# Limavady Fitness Factor 2025

## 6 Week Health & Fitness Challenge



Delivered by  
**CrossFit Limavady**  
Unit B Ester Building,  
Dowland Rd, Limavady

**Starting 14 January 2025**  
**3 classes per week**  
Tuesday 7.30pm, Friday 7.30pm and  
Sunday 8.00am

**Prize for the Overall Winner**

### Contact

Emma 077 3137 5022  
Mickey 079 3817 1611

All funds raised go to

