Get fit, have fun and raise money at this year's 'Getfitathon'

Wednesday 3 April, 2019

Clifton Asset Management and Morgan Lloyd will be hosting their renowned 'Getfitathon' for the eighth year running in aid of leading cancer charity, Penny Brohn UK.

The event at St Katherine's School sports hall on Wednesday 8 May, 6pm-9pm, will comprise of three, 45 minute fitness sessions. With participants being treated to exciting workouts including circuit style exercises, Zumba and low impact interval training.

Attendees are asked to donate £12 to secure their place at the event, with all proceeds going to Penny Brohn UK. There will also be a raffle to raise extra funds, with tickets priced at £1.

Emily Warner, Executive PA to the Board of Directors and Clifton Asset Management, said: "Back by popular demand we are delighted to be hosting 'Getfitathon' for the eighth year running. We are raising money for Penny Brohn UK because we went to continue supporting this local charity. Please spreads the word with family, friends and colleagues. We look forward to seeing you on the night!"

Phoebe Hunt, Corporate Business Development Manager at Penny Brohn UK, commented: "We are thrilled that Clifton Asset Management and Morgan Lloyd are holding their renowned 'Getfitathon' in aid of Penny Brohn UK again this year. It is set to be a brilliant event with something for everyone. All the money raised will help us support more people affected by cancer to live as well as possible for as long as possible."

With nearly 40 years' experience, Penny Brohn UK recognises that people with cancer need more than medicine to live well with the disease. It is the only charity in the UK to take an integrated whole person approach to cancer support using evidence-based therapies that work alongside medical treatment to achieve the best health and wellbeing.

For more information about Penny Brohn UK visit pennybrohn.org.uk. For more information about 'Getfitathon' and to book your place email emily.warner@clifton-asset.co.uk.

Media:



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