

Welcome to our brand new...

# STRONGER, LEANER & SHRED HUB!

A fabulous new energising weekly meeting combining fun fitness with expert healthy lifestyle tips!

- Nutritional advice
- Healthy eating recipes
- Meal planners
- Yummy food samples
- Measure charts to track your progress
- Ladies-only fitness classes



Come along and join us!

**SUPER-DUPER  
PRICE!**

SLS Hub:  
£3.50 Non-Members  
£1.50 Members  
Combine with a  
fitness class for  
£7.00!

Monday evening at HS Group Fitness Studios  
SLS Hub 6.00-8.00pm  
Fitness Classes @ 6.30pm & 7.30pm

(Drop in to the Hub anytime between 6-8pm!  
You can join in with either of our fitness  
classes too if you fancy!)

