

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!)

