

MINI HEALTH HUB

PERSONAL TRAINING

Working together to achieve your goals!



AMELIA MIRTO

AREA OF EXPERTISE

- Strength Training
- Weight Lifting
- Functional Training
- Sports Therapy

**HEALTH
HUB**

**FOR MORE INFORMATION CONTACT -
ENQUIRIES@MINIHEALTHHUB.CO.UK**

[www.facebook.com/Mini-
Health-Hub-419108435219730/](https://www.facebook.com/Mini-Health-Hub-419108435219730/)



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JOYCE GRANT

AREA OF EXPERTISE

- Strength and conditioning
- Functional training
- Nutrition
- Rehabilitation

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