

HEALTH
HUB



SUMMER FIT

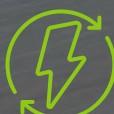
WHAT YOU GET:



FITNESS TRACKED VIA
TESTING



INFORMATION ON FASTING
AND HIIT



KEEPING YOU MOTIVATED
AND GOALS DRIVEN



HIGH INTENSITY TRAINING
AND GROUP CLASSES



4 WEEK PLANNER TO
COMPLETE

TO SIGN UP TO COMPLETE IN
HOUSE OR AT HOME - CONTACT=

MANAGER@MINIHEALTHHUB.CO.UK

