



CLASSES

Group exercise is a fun, motivating way to improve your fitness!

Sociable and adaptable, classes can help to keep you motivated, meet like-minded people, push yourself and take the “thinking” out of working out.

There are so many options with group exercise too that you are likely to find something that you enjoy and suits you! From Yoga based to weight based, aerobics and cardio workouts, there really is something for everyone!

No memberships, all our classes are pay as you go so you!

What do we have on offer?

Daytime, evening and weekend classes available:

- Total Tone Pilates
- Body Conditioning
- Yogalates
- Zumba
- Pilates
- HIIT

PRICES / BOOKING

Pay As You Go from £7/class

www.bookwehn.com/htfitness



I cannot recommend Hannah highly enough. The personalised, professional and bespoke personal training sessions she puts together help enormously. I've benefited from a great long term plan back to fitness and also overall health thanks to Hannah's dietary and lifestyle advice. I won't look back and now my weekly PT sessions are an integral and enjoyable part of my life!