

# Progress Club Bootcamp

Wanting to improve your strength and fitness, with an inclusive and friendly community in Whitchurch? Then look no further!

45 min sessions combine full body strength and cardio to give you a complete workout. We focus on good form and progressive overload, to make sure you stay injury free and continue to get great results. Lots of variety, exercises suitable for all levels!

The sessions run in Whitchurch on Thames,  
on Wednesday (6:30am and 9:15am) and Friday mornings (9:15am)  
and are held either on the Village Green or Village Hall (weather depending).

*Progress Club is a community of women, who are supporting each other on their journey to being the fitness and strongest versions of themselves. We have a realistic and balanced approach to fitness and nutrition. Whilst we focus on prioritising your physical strength and wellbeing, we understand that exercise needs to fit in around the demands of your busy lives!*

**Please contact Hannah for all enquiries. Booking is essential.**

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