

**Progress Club** is a community of women in Whitchurch and surrounds, supporting each other on their journey to being the fittest and strongest versions of themselves, while understanding that exercise needs to fit around busy lives! There is something for everyone: 1-2-1 coaching and support, group fitness, wellness retreats, run club, fitness events like HYROX and social meet-ups!

Please contact Hannah on 07971116704 or hannah@coach-hannah.com