

**NEW PLAN BEGINS  
MONDAY 7th JAN 2019**



**STAY  
HEALTHY  
BE ACTIVE**

**EMPOWER ONLINE  
FITNESS PLAN**



# WHAT WE OFFER ONLINE

- training plans
- video workouts
- personal support
- nutrition plan
- healthy recipes
- injury support

# VIDEOS WE OFFER

- daily motivation
- weight training
- pilates
- hiit
- yoga
- live workouts

