



Your one stop for health & wellbeing

Personal Touch Fitness are passionate about health and wellbeing and bring enthusiasm, energy and expertise to our services – let us support your company with a bespoke and exclusive offer.

Choose from:

- Nutrition consultations
- Relaxing holistic massages (from only £18)
- Beauty treatments
- Mindfulness and meditation
- Fitness classes (from yoga and pilates to HIIT and Zumba)
- Lunch & Learn workshops
- Mini health assessments/ MOTs

Simply get in touch for more details and to find out about special offers

Email: enquiries@personaltouchfitness.co.uk

www.personaltouchfitness.co.uk

