



In Harrogate District

IN PARTNERSHIP WITH HARRISON FITNESS CENTRE

Harrison Fitness & Movement CIC is offering a FREE 12 week course of one-to-one personal training for people looking to improve their health, including people with anxiety and depression.

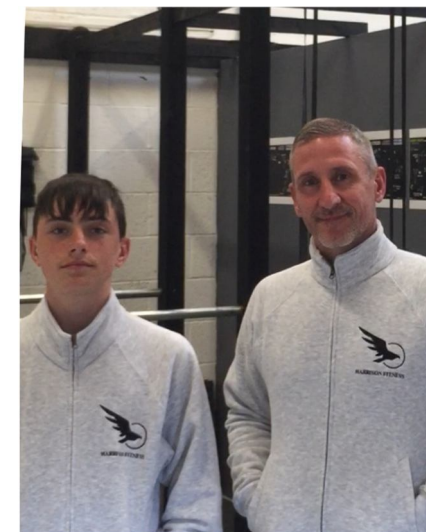
Participation in regular physical activity can increase self-esteem and reduce stress, depression and anxiety.

We are offering a FREE 12 week course with a personal trainer, working one to one with you in our private gym facility in Killinghall, Harrogate.

Our aim is to provide you with a personal trainer in a fitness discipline of your choosing such as strength and conditioning, Thai boxing, Yoga, HIIT training and many more.

The personal trainer will tailor a bespoke training plan and work with you on a weekly basis.

If you feel you would benefit from the course please speak to a member of the Acorn staff team on 01423 503335 or email office@mindinharrogate.org.uk.



Visit www.harrison-fitness.co.uk
for full details of our FREE 12 week fitness course.

