

HANNAH KAY FITNESS

Personal Trainer and Online Coach who challenges people to not only think about their physical fitness but their mental fitness with a view of improving fitness in its entirety. Giving people the tools, support and guidance to keep working on themselves, smashing their goals and create some long term sustainable habits.

@hannahkayfitness

Personal Training
Online Coaching
Group Training
Mental Health and Exercise Coach
Fitness Class Instructor



EMPOWER

A *women's empowerment group* that hosts monthly programmes as well as one-off events to create a safe space event for women of all ages and walks of life, who want to fall back in love with themselves, their bodies and minds, and to feel strong and empowered within their life.

Long Term Programmes

Open Events

Corporate Events

Collaboration Events (Sweaty Betty, HotPodYoga etc)

@empowerbyhkf

MIND & MOVE

Mind and Move is an *online group training programme* for women that values and promotes development of physical and mental strength. Involved in this is a Community in which is an abundance of education and knowledge of everything women's health and fitness.

@mindandmovecoaching

Women's Online Group Coaching
12 Week Programme
Online Community
Support from 3 Worldwide Online Coaches

