

We're hosting...

Happy Hour

What does this mean you may ask?

We've joined Snap Fitness in a nationwide movement towards healthier, more balanced mornings for Mental Health Month.

We all know that exercise has a positive impact on mental health and overall wellness and for many of us leading busy lives, we simply don't get enough of it.

From 1 October, we're giving you an hour back from _____ to give you time to prioritise your mental health and move your body your way!

Do you have a favourite exercise that's fallen off the agenda?
Now it's your time to get it back into your daily routine.

How happy are you about Happy Hour? If you'd like to share the feeling, why not pay it forward and help someone struggling with mental illness, by donating to partner charity LIVIN, via the QR code. Even the smallest donation can make a big difference.



snap fitness 24/7

