



# FUN FAMILY Workout at Home

Start Your 2 Week  
**FREE TRIAL**

**THEN ONLY £5** Per Month



Work out at home with our team of amazing children and Kieran your own personal trainer

Receive **5 UNIQUE** workout videos each month!



## HAVE FUN

New themed workout every week, superhero, sports, dance, film + lots more



## WATCH ANYWHERE

Watch from your TV, desktop, laptop, tablet or mobile phone.



## MONTHLY COMPETITIONS

Send your special handshake, dance or goal celebration videos.



## NO EQUIPMENT

You don't need any equipment to take part in these exercises



## FOR ALL THE FAMILY

Our activities are suitable for all ages and abilities



## BONUS VIDEO

One BONUS adult workout video each month

VISIT US

[www.thefamilyfitclub.co.uk](http://www.thefamilyfitclub.co.uk)

