



What Do We Offer

We understand that a happy and healthy workforce is key to a thriving business. That's why at AbFabFit Club, we specialize in empowering women through fitness classes, nutritional guidance, and an inclusive community setting.

Additionally we offer a mens program for those who wish to engage in a fitness program which is life changing.

How Can We Help You

We can offer your female staff an inclusive, supportive and motivating environment to exercise.

Our setting is focussed around functional fit training, nutrition, body composition. In a supportive & encouraging environment that supports women all ages especially those in menopause or perimenopause.

We are Menopause Movement certified and can deliver workshops/presentations to staff in the workplace.

Why Work With Us

Improve Employee Well-being:
Our comprehensive fitness classes and nutritional support contribute to better physical and emotional health.

Increase Productivity:
Healthy employees are more focused and productive. Our wellness programs can help reduce absenteeism and increase workplace satisfaction.

Community and Belonging:
Our members often tell us how AbFabFit Club has given them a sense of community. This increased morale will undoubtedly spill over into the workplace, creating a more positive and cohesive team environment.

Facts & Stats

A 2019 CIPD report stated that 59% of women who experience menopausal symptoms say it has a negative impact on their work.

According to a study commissioned by the UK Government, 1 in 4 women has considered leaving a job due to menopausal symptoms.



According to the Office for National Statistics, stress, depression, or anxiety are the leading causes of work-related ill health, accounting for 44% of work-related sickness in 2018/19.

Two-thirds (67%) of women would be more inclined to apply and accept a job if the company had a menstrual policy in place (Intima, 2021).



CONTACT US

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