

Wholebody:

Welcome to Whole Body, where every session is a surprise-packed adventure designed by our legendary instructors. From kettlebell workouts to fitballs, bodyweight exercises, dumbbell routines, circuits, and team challenges, be prepared for an ever-changing, full-body experience that keeps you on your toes. Embrace the variety and unpredictability as we guide you through a dynamic mix, ensuring a well-rounded and engaging workout every time.

Sweat:

Join our Sweat Session, the ultimate cardio-core experience that promises not only to get your blood pumping but also to leave you with a smile on your face. This energetic and laughter-filled class combines heart-pounding cardio with a core-strengthening focus, ensuring you'll feel both invigorated and happily exhausted by the end. Leave feeling both accomplished and uplifted.

Movement Lab: *Where fitness meets precision*

Ever wished for more personalised workouts? The Movement Lab is here for you, offering individual planning, program design, and education.

In this unique experience, clients receive individualized 6-8 week plans tailored to their specific goals. While navigating through their personalised routines, our expert trainers guide and educate participants in real-time, ensuring optimal movement patterns, technical proficiency, and a deeply personalised fitness journey. It's not just a workout; it's a technical and personalised exploration of movement mastery, enhancing both physical strength and knowledge for a lasting impact on overall well-being.

What it might look like for you:

Come in and do your own individual session

Ask a coach to view your squat pattern

You might have trained 4 days already but haven't worked lower body yet that week so you get a lower body session.

Come in and discuss a 6 week running plan or a 3 month walking plan whilst you train
Come in and discuss goal setting.

Sports Performance Coaching:

We are thrilled to introduce sport-specific Sessions, catering to your diverse interests and ensuring your training aligns with your athletic pursuits. Whether you're a runner, cricketer, swimmer, or a fan of any sport, our specialized sessions will elevate your performance amplifying your power, strength speed and stamina

Pilates:

Our Pilates Studio Sessions are right in the heart of the gym's vibrant energy. Experience a harmonious blend of lengthening, toning, and sculpting exercises that activate stabilising and trunk muscles, creating a balanced and resilient foundation. Infused with mobility and stretching, this class not only nurtures your physical well-being but also invigorates your mind, perfectly complementing the dynamic atmosphere of the gym.

Cycle:

Bring your own bike and secure it on one of our stationary trainers in our Cycle Session, where enduring friendships are formed & nourished side by side. Feel the rhythm of the music, share laughter, and work hard as you pedal through endurance challenges and sweat-inducing speed sessions. Join us, where each spin isn't just a workout but a social experience, creating lasting memories with friends as you strengthen both your body and your bonds.

Strength:

Step into our Strength Class, a time-tested and traditional session that focuses on foundational strength. Anticipate the classic big lifts – squat, bench, press, and deadlift – complemented by conditioning support exercises.

We keep it chill, breaking it down into easy 6-8 week phases to make sure you see those strength gains and notice some real results. It's all about keeping it simple and getting stronger, no frills needed!

Boxing:

Welcome to our Boxing Studio Session, where we're all about the friendly and competitive fun! Get ready for high-intensity, action-packed sessions filled with banter and good vibes. Beginners are absolutely welcome; we'll teach you the ropes, even if you've never seen a pair of gloves before.

Swimming

Dive into our Sunday Swim Day, where the journey begins from conquering the basics of putting your head underwater to tackling your first lap or gearing up for triathlons. It's all about you and your pace—choose your lane, take the plunge when you're ready, and our fantastic coach will be there every stroke of the way, ensuring you navigate the waters with confidence and skill.

Run the Streets:

Join our "Run the Streets" session for an outdoor running experience that caters to all levels of fitness. Whether you're a seasoned runner or just getting started, this session is designed for those who crave the freedom of the pavement & grass beneath their feet. We gather at HQ and progress from there. Feel free to set your own pace – this session is open to both walkers and runners, allowing you to choose your intensity and challenge.

Beginner:

Welcome to our Beginner Studio Sessions – the ideal launching pad if you're feeling a bit nervous or haven't quite figured out what a squat is yet. Whether you're stepping into

a gym for the first time or just need a refresher, our goal is to create a psychologically safe space for you to comfortably dip your toes into the world of fitness.. As we ease you into the movements, you'll not only experience our awesome culture but also find yourself building self-confidence and making connections that might just last a decade.

Nourish & Restore

End of Week, a rejuvenating blend of trigger release, mobility, and stretching. Tailored as the perfect antidote to a week of intense fitness, this session is all about giving back to your body. For those familiar with our old Mobcore class, consider this as a revitalized version—an exquisite fusion of the beloved roll and release elements, ensuring a deeply nourishing experience for both body and soul.

Open Gym:

Open Gyms, your personalized fitness playground. Whether you're flying solo, teaming up with a friend, or honing in on a specific strength set, our gym is your open canvas. Come in and make the space your own, utilizing our equipment and facilities to tailor your workout to your individual needs and goals.