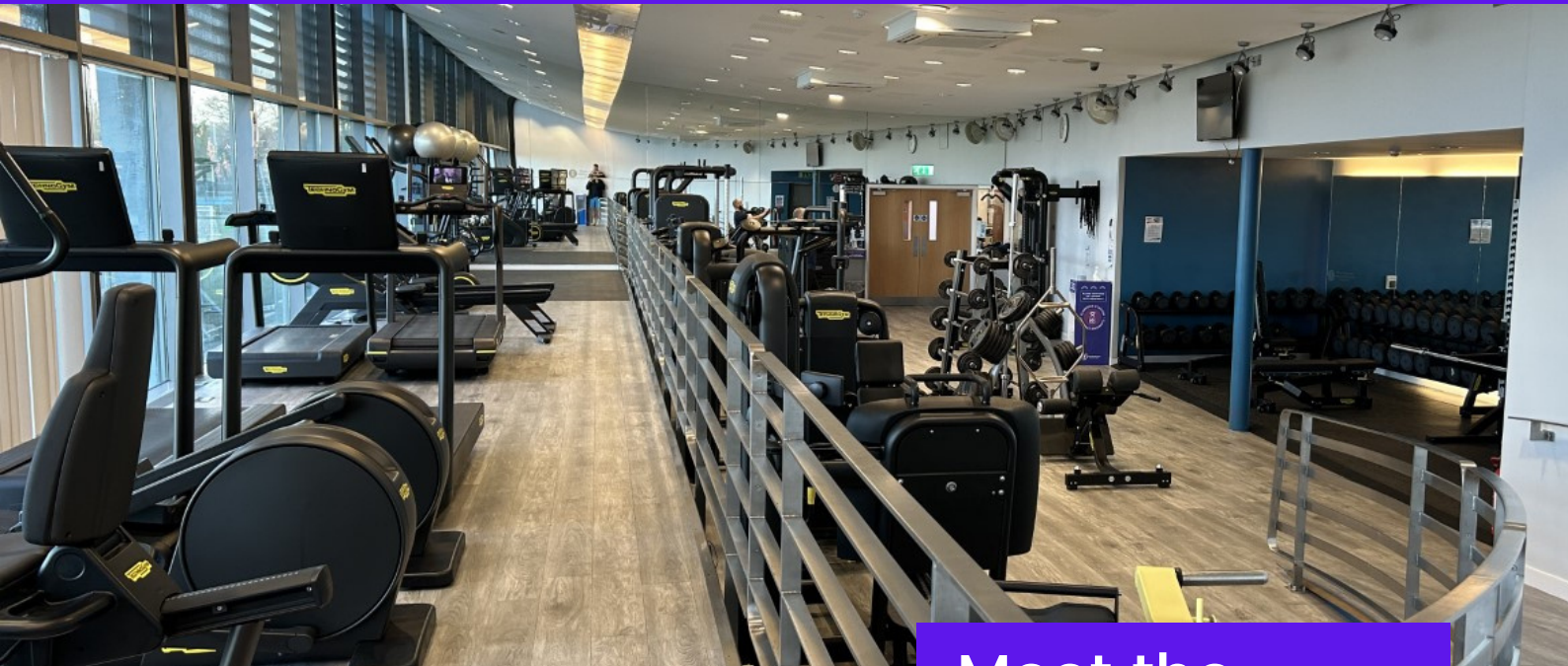


Newsletter



Class of the Month - Ride and get Ripped

This high-octane hybrid class blends the best of both worlds: heart-pounding intervals on the bike and power-packed HIIT work on the floor. Expect fast transitions, explosive cardio bursts, strength-building circuits, and rhythm-driven sprints that push your limits in all the right ways.

Come along and try it during June and bring a friend for free!

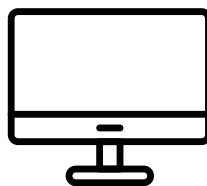
Saturday mornings 8.15-9am



New Online Booking System

We have a new, improved online booking system up and running for classes and hall hire. Just head to our website to use it!

For any issues or queries please speak to a member of the team.



Meet the Team

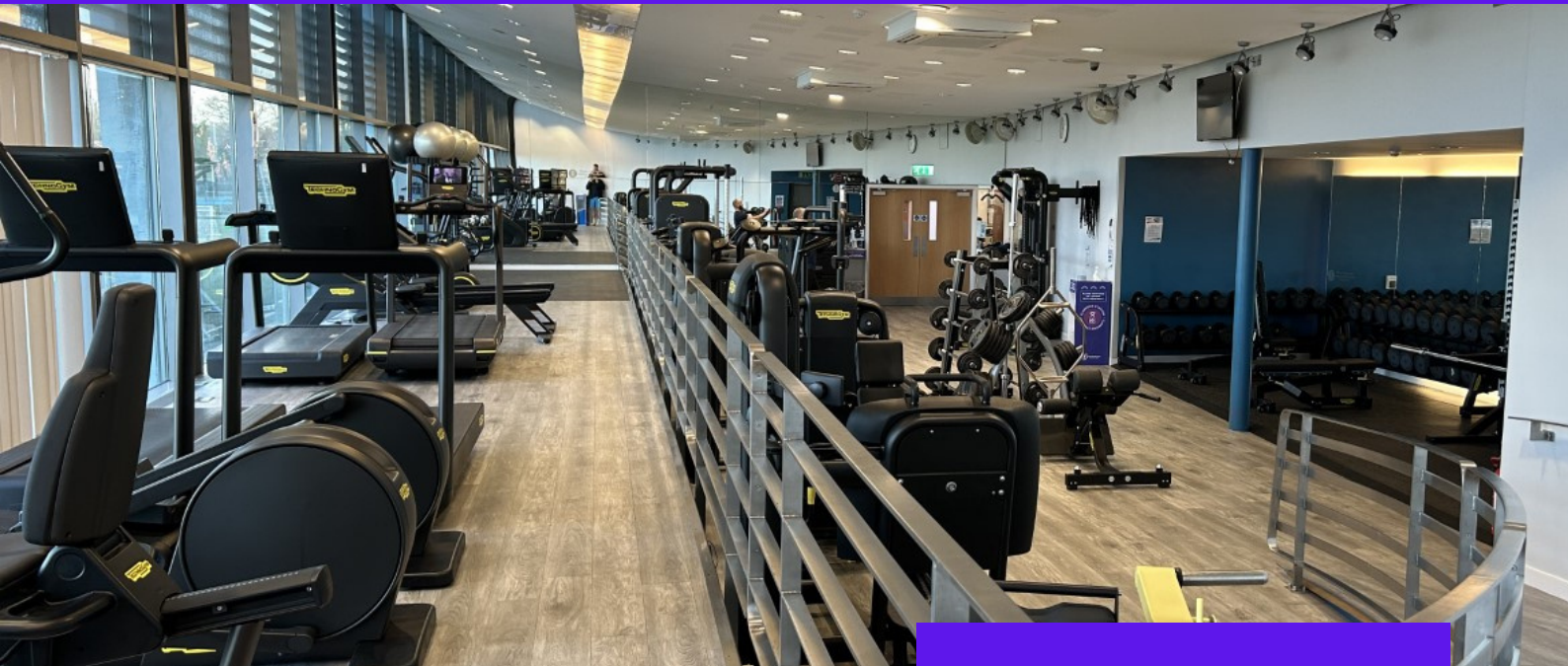


Meet Mark, one of our cover group exercise instructors! He enjoys long distance cycling, cricket and walking the dog. He hates turnips and has a fear of rats

Follow us on Social Media!



Newsletter



Stay Hydrated!

From our blood system carrying essential glucose, oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy



Cancel Classes

Please take this as a polite reminder to cancel your classes if you are unable to attend, you can do this through the 'My Bookings' section online, or over the phone



Please Wipe Down Gym Equipment!

Lets keep our gym clean, hygienic and enjoyable for everyone!

Equipment of the Month

Lat Pull Down

Have you tried our Lat Pull Down machine in the gym?

Trying a new machine can be daunting, so why not take a look at our video tutorials on Instagram and Facebook?

Otherwise, chat to one of our instructors and they will be happy to help!

Follow us on Social Media!

