

**FREE
FIRST
CLASS**



YOGA, PILATES AND PERSONAL TRAINING / SMALL GROUP TRAINING

Online and Gosforth
Studio based,
small group sizes
of 4-8 participants.

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YOGA CLASSES

Immerse yourself in the deeply meditative Yin Yoga or stimulating journey of Vinyasa. Engage in a sense of awareness through the release of mind and body stresses.

**ANY 10 ONLINE CLASSES
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Combine the flow of movement and structured breathing principles of Pilates led by a Chartered Physiotherapist improving core strength and preventing injury.

**5 IN STUDIO CLASSES
FOR £50**

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YOUR VERSATILE FITNESS STUDIO IN THE HEART OF LEAFY GOSFORTH

Call to book a training
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social bubble goals at a
time that suits you

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