

WE DON'T DO SCENTED CANDLES. OR ORCHIDS. WE DON'T HAVE A PERFECTLY CURATED INSTAGRAM FEED. OUR WALLS ARE NOT PLASTERED WITH CLICHED MOTIVATIONAL POSTERS. WE ARE NOT A BOUTIQUE. BOUTIQUES ARE PLACES YOU BUY SILK SCARVES. AND WE DEFINITELY DON'T DO BULLSHIT. WE DO SPINNING. WE DO STRENGTH CLASSES. WE DO MOBILITY CLASSES. AND WE DO THEM REALLY WELL WITH REALLY GOOD INSTRUCTORS IN A REALLY WELL-DESIGNED SPACE. BUT WE ARE MUCH MORE THAN THAT. WE ARE A COMMUNITY CENTRE. A COMEDY CLUB. A NIGHTCLUB. A PLACE TO TALK. A PLACE TO BE QUIET. SOMEWHERE TO MEET FRIENDS OR ESCAPE THEM. A REFUGE FROM WORK, FROM LIFE, FROM THE CRAZINESS OF THE WORLD. WE LISTEN. NEVER JUDGE. WHATEVER YOUR REASON FOR COMING IT IS THE RIGHT REASON. WE PROMISE THIS: YOU WILL ALWAYS LEAVE OUR DOORS FEELING BETTER THAN WHEN YOU ARRIVED.

WE CAN TAKE 6 INCHES OFF YOUR WAIST BUT WE'RE MORE INTERESTED IN KEEPING THE TOP 6 INCHES SORTED. ANYONE CAN BUILD A BETTER BODY. WE WANT TO BUILD A BETTER YOU. WE ARE A REVOLUTIONARY NEW CONCEPT IN FITNESS. A PLACE YOU ACTUALLY LOOK FORWARD TO VISITING. DESPITE NEWS TO THE CONTRARY COMMUNITY IS ALIVE AND KICKING AND TO BE FOUND AT NUMBER 40 SHEEN LANE. THAT'S WHY WHEN PEOPLE FIND US THEY DON'T GO ANYWHERE ELSE. WE HAVE NOT GROWN THROUGH FANCY ADVERTISING, WE'VE GROWN THROUGH WORD OF MOUTH. WE BELIEVE IN CARROT NOT STICK, HUGS NOT DRUGS AND THAT DOWNWARD DOGS ARE GOOD BUT REAL DOGS (ALWAYS WELCOME) ARE EVEN BETTER. WE PRACTICE 21ST CENTURY MEDITATION. THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE MUSIC. LOCK IN, GO DEEP, FEEL THE GOOSEBUMPS RISE. ADD ONE MORE GEAR. TO THE BEAT, TO THE BEAT.

WE DEAL IN ENDORPHINS, SEROTONIN AND DOPAMINE. GET READY TO DISCOVER THE MIND-ALTERING POWER OF E. JUST SAY YES, KIDS. AND WHILST WE LIKE HOME-BAKED CAKES WE DON'T LIKE SUGAR COATING THINGS. WE TELL IT LIKE IT IS. GETTING FIT IS HARD. IT TAKES COMMITMENT. LIKE LOVE, IT HURTS. NOTHING GOOD EVER CAME EASY. YOU WILL SWEAT (A LOT). BUT YOU WILL ALSO LAUGH (A LOT). OUR CLASSES ARE TOUGH, WE ARE ANYTHING BUT. BLACK OR WHITE OR RAINBOW, FAT, THIN, RICH, POOR, COUCH POTATO, WEEKEND WARRIOR, YOUNG, OLD, LEFT WING ACTIVIST, RIGHT WING SUPPORTER, CHICKEN WING LOVER. WE DON'T CARE WHO YOU ARE, WE JUST CARE ABOUT YOU. HERE EVERYONE IS EQUAL. WHEREVER YOU WANT TO GO, WE'LL GET YOU THERE: ONE PEDAL STROKE, BURPEE OR LOTUS POSE AT A TIME. WE ARE EVOLUTION AND WE'RE ALL IN THIS TOGETHER*

*TERMS AND CONDITIONS APPLY (IT'S ALL ON YOUR TERMS AND WE LOVE YOU UNCONDITIONALLY)

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