



Fitness Class Cheatsheet

Stay fit for a lot less than a monthly gym membership!

March 2014

Army Bootcamp Fitness

Cost? First session free

What? 1hr of core & cardio fitness under the instruction of ex-military

Vibe? Friendly, humorous and encouraging

Where? Victoria Park, Highbury Fields and Wanstead Park

When? Victoria Park: Tues- 7pm, Thurs- 7pm, Sat- 10am
Highbury Fields: Mon- 7pm, Wed- 7pm, Sat- 10am
Wanstead: Tues- 6.15am, Thurs- 7pm, Sun- 10am

How? Check out your preferred class/meeting spot & turn up 15 mins early to sign all the forms

Web? www.armybootcampfitness.co.uk

Blockworkout

Cost? £1 Donation per class

What? Community fitness sessions- "street"/outdoor fitness class

Vibe? Yet to visit!

Where? Brockwell Park, (Waterlane Entrance) Gravel football pitch, Dulwich Rd, London SE24 0PA

When? Sat, 10.30am (for the ladies session)

How? Turn up and bring your £1 coin!

Web? www.blockworkout.co.uk/sessions/

Bluecow Yoga

Cost? Two weeks for £20

What? Yoga and Pilates

Vibe? Beautiful, serene, relaxing

Where? 7 Moorgate, London, EC2R 6AF

When? Classes every day

How? Sign up through the website

Web? www.bluecowyoga.com

British Military Fitness

Cost? First class free

What? 1hr of core & cardio fitness under the instruction of ex-military

Vibe? No-nonsense and direct

Where? LOADS of parks in London- check the website for a list to find your nearest park

When? Depends on the park session you choose

How? Book in for a free session online at your most convenient park

Web: www.britmilfit.com

Formfitness Personal Training

Cost? First PT session free

What? PT sessions tailored around cardio, HIIT, strength and flexibility training

Vibe? Fun, tailored, encouraging

Where? Kate will find a place to suit you, including Victoria, Clissold & Springfield Parks, London Fields, Hackney Marshes, Angel & Clapham Common. Ask her about your area

When? Tailored around your timetable

How? Email Kate through her website

Web? www.formfitness.co.uk

Fusion

Cost? £10

What? Unique class fusing yoga, Pilates and dance, works core, balance, strength and flexibility

Vibe? Friendly, supportive, sweaty

Where? Gogoyoga Studio, 59 Columbia Road, London, E2 7RG

When? Fri 7.30pm

How? Turn up and bring cash to pay

Web? www.gogoyoga.co.uk

Happy Healthy Hoops

Cost? £10 per class

What? Hooping and fitness- cardio, toning and balance

Vibe? Fun, welcoming, colourful!

Where? Kentish Town, Warwick Avenue and Ladbroke Grove

When? Kentish Town: Tues 6.30pm, Warwick Avenue: Weds 7pm, Ladbroke Grove: Sun 3.30pm

How? Sign up through the website- booking essential to guarantee a place!

Web? www.happyhealthyhoops.co.uk/

Hot Bikram Yoga

Cost? £35 for 20 days

What? 90 mins of 26 postures in a 40 degree Celsius room to a scripted instructor

Vibe? Friendly, hardcore sweaty

Where? London Bridge, Balham, Fulham

When? Classes run every day

How? Create a profile online and sign up for the intro offer

Web? www.hotbikramyoga.co.uk/

Lululemon running club

Cost? Free to attend

What? Running the streets of North London with the Islington showroom crew

Vibe? Yet to visit!

Where? 49-51 Barnsbury Street, London, N1 1TP

When? Weds 6.15pm

How? Join the Facebook group or pop into the showroom

Web? www.facebook.com/groups/214043908791923/

Lululemon yoga

Cost? Free to attend

What? 1hr yoga class- a different style and teacher Saturday and Sunday

Vibe? Chilled, welcoming, like popping to a friend's house to do yoga

Where? Islington & Chelsea Lululemon Athletica showrooms

When? Islington: Sat & Sun, 1pm

Chelsea: Sun 11am

How? Sign up to the stores newsletter's by searching for the store on the main lululemon site and clicking on the "local email sign up" link.

Web? www.lululemon.co.uk/?sl=UK

Momentum Training Crossfit

Cost? First trial class free

What? Crossfit- so bar weights, medicine balls, circuits

Vibe? Sweaty, challenging, rewarding

Where? Arch 328 Stean Street, London, E8 4ED

When? Sundays 12pm are the free trial class sessions

How? Book in through the website

Web? www.momentum-training.com/

Morefit

Cost? Free to attend

What? Bootcamp-inspired outdoor fitness sessions

Vibe? Yet to visit!

Where? Finsbury Park (Stroud Green Road entrance)

When? 2.30pm

How? Check out the website and simply turn up!

Web? www.morefit.co.uk/freefit/index.htm

Nike/Mother's Meeting

Cost? Free to attend

What? Indoor body conditioning workout, combining cardio, core, flexibility and strength training.
You don't need to be a mumma to join in.

Vibe? In the words of the Spice Girls- GIRLPOWER!

Where? Arches 477 – 478: Bateman's Row: Shoreditch: London: EC2A 3HH

When? Every Wednesday, 7pm

How? RSVP jenny@mothers-meeting.com to secure your place

Web? www.mothers-meeting.com/every-wednesday-nike-x-mm-workout/

Pilates HQ

Cost? First class free

What? Pilates on reformer machines

Vibe? Friendly, welcoming

Where? 4th Floor, 17 Islington High Street, London, N1 9LQ

When? Classes every day of the week

How? Sign in online- when you choose your class your free credit will be activated

Web? www.pilateshq.co.uk

Pulse Dance Studio- Hip Hop, Zumba, Jungle body and Cuban Freestyle

Cost? £5 per class (Jungle Body and Cuban = £6 per class)

What? Various dance and aerobics classes

Vibe? Cheap, cheerful, fun and relaxed

Where? 15 Liverpool Road, Islington, London, N1 0RW

When? Hip hop: Tues 6pm

Zumba: Tues 7pm

Jungle Body: Thurs 7pm

Cuban freestyling: Thurs 8pm

How? Turn up- Bring cash to pay instructors

Web? www.pulsedancestudios.co.uk/

Sweaty Betty yoga

Cost? Free to attend

What? A host of free “community club” classes- yoga, bootcamp, running, circuit training & Zumba,

Vibe? Have yet to visit!

Where? Held through each individual boutique:

Battersea, Canary Wharf, Chiswick, Fulham, Hampstead, Islington, Kensington, Chelsea, Muswell Hill, Notting Hill, Richmond, Soho, Westbourne Grove & Wimbledon

When? Class times and days vary

How? Go in store and sign up as a “Club member”, then you can find out which classes are run through your local boutique. Or find out timetables from your local store and try your luck turning up on the day

Web? www.sweatybetty.com/clubs-artlclubs/

Tempo Pilates

Cost? First class half price (£12.50)

What? Pilates choreographed to music on reformer machines

Vibe? Great tunes, choreographed, welcoming

When? Classes every day East London, and every day but Sunday in Central London

Where? East London: Studio 204, Netil House, 1-7 Westgate Street, London, E8 3RL
Central London: Studio 2, Gymbox, 42-49 St Martins Lane, London, WC2N 4EJ

How? Sign up through the website

Web? www.tempopilates.com

Ten Pilates

Cost? First class half price (£12.50)

What? Pilates on a reformer machine

Vibe? Happy and encouraging

Where? Studios in Mayfair, Chiswick, Notting Hill, St. James’s, Hatton Garden and the City

When? Classes throughout the day and evening- check your preferred studio

How? Sign up for your free half-price class online

Web? www.tenpilates.com

PM Yoga

Cost? £10

What? Vinyasa flow yoga, usually with inversion practice

Vibe? Chilled out, happy, encouraging

Where? The Garden Room, Next to St. Mary’s Church, Upper Street, London, N1 2TX

When? Sun, 12.30pm

How? Turn up and bring cash to pay- you might want to check class availability on the FB page

Web? www.facebook.com/pages/PMYoga/358779127564097?fref=ts