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Sunday, April 28, 2024

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## It's time to spread the love

### Do it for love

Valentine's Day is fast approaching and if you don't have any plans yet, you need to start brainstorming. If you have someone to share it with or not, remember this is the day you should also practice self-love and self-care. If you're planning on getting your sweat on amidst all the romance in the air, rounding up some Valentine's Day workout ideas to celebrate your kickass body will remind you to love yourself on Valentine's Day, and every day.

Here are some basic workout ideas to help you feel like the god/goddess you really are:

*A challenging, sweaty HIIT class to get your heart and blood pumping.*

*A peaceful, yet powerful pilates class to soothe your soul.*

*A nurturing walk in nature to reflect on yourself.*

*A social hike with friends to boost your self-worth and self-confidence.*



And if none of these are up your alley, don't worry! We have loads of fun and inspirational classes that you could join. Just get in touch with us to find out what we have coming up, and let's share the love.

[Find out more >](#)

## A healthier, happier you

### Jump for joy

Jump for joy with your loved ones. Kick the couch and get active.  
Make training more fun by joining in with friends and family.



Looking after your physical health is vitally important in building a healthier, happier you. Regular exercise will help you with weight loss, reduce your risk of chronic disease and boost your energy levels.



Training!  
Bring your friends and family and let us create happy memories.

# More cardio, less carbs

group classes.

Run like the wind.  
Find out more about our group classes

Run from those carbs and [Speak us >](#) if through cardio training.







Running is a great form of cardiovascular exercise. Running regularly has positive health benefits. It will help you lose weight, improve your mood and helps build strong bones.



Talk to a personal trainer to develop a running programme that is custom to your needs, abilities and lifestyle.

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