



ORIENTATION

FIND OUT HOW TO GET STARTED!

Familiarise yourself with all that the SS has to offer, including where everything is in the building, our group classes, gym equipment and our lovely staff!

Appointments last no longer than 45 minutes

Online Gym Orientation



Gym orientation



EXHALE website



Staff & Student Referral programme

FITNESS CONSULTATIONS

FIND OUT HOW FIT AND HEALTHY YOU ARE!

This is an opportunity to meet a trainer from the fitness team who will go through an activity consultation to guide you in starting your fitness journey.

Appointments last no longer than 30 minutes

Fitness Consultation



Healthy Eating Advice & Support



ACTIVITY PATHWAYS

CHOOSE AN EXERCISE PLAN OR PARTICIPATE IN AN EXERCISE CLASS

Want a structured exercise plan or meet like-minded people who are interested in improving fitness and feeling good.

Appointments & Classes last up to 60 minutes

Personalised Exercise Plans



Gym & Studio Classes

HIIT, Cycle, Body Attack, Body Pump



Mind and Body Classes

Yoga, Pilates etc



LES MILLS On Demand

Moves GB



Walking Routes, Events & Challenges

