

A photograph of a gym interior. The background is a textured blue wall. In the foreground, there is a rack of dumbbells. The word "SPACE" is overlaid in large, white, sans-serif capital letters. Below it, the words "MOVEMENT & WELLNESS" are written in smaller, white, sans-serif capital letters.

SPACE

MOVEMENT & WELLNESS



SPACE

JOIN THE MOVEMENT

This is your chance to join Scotland's newest movement & wellness studio.

SPACE is a multi purpose functional training facility.

We offer Small Group Personal Training, functional training classes and a year round wellness events calendar.





SPACE was created by Olympic swimmer Michael Jamieson (left) and personal trainer Amy Hill (middle) after realising that Glasgow was lacking a truly multi-purpose functional fitness studio.

They enlisted the help of one of the countries leading fitness programmers Jack Forrester (right) to create our signature classes and structures.



SMALL GROUP PERSONAL TRAINING

Our signature product.

Imagine Personal Training at a fraction of the industry standard cost with classes capped at 6 people. This allows our coaches to engage with you on a 1-1 basis during every session.

CLASSES:

SGPT BUILD+BURN

[SMALL GROUP PERSONAL TRAINING]

OUR SMALL GROUP PERSONAL TRAINING WILL HELP YOU BUILD YOUR FOUNDATIONS OF FITNESS.

BUILD CONFIDENCE IN YOUR TECHNIQUE & MOVEMENT WITH SEMI PRIVATE CLASSES WITH REAL COACHING SUPPORT.

MOVE AT A PACE TO SUIT YOU WITH PERSONALISED 50 MINUTE SESSIONS.

WITHIN THIS MEMBERSHIP PLAN, YOU GET ACCESS TO OUR WIDER GROUP CLASS PRODUCTS; SWEAT, STRENGTH & TEAM HYBRID, TO TOP UP YOUR TRAINING WEEK.

+ INCLUSIVE OF ALL ABILITIES.

+ COACH EDUCATION THROUGHOUT THE SESSION TO BUILD EFFICIENT TECHNIQUE & IMPROVE MOVEMENT COMPETENCIES IN A FUN FORMAT.

+ MEMBERSHIP OPTIONS: 4, 8 OR 12 SGPT CLASSES PER MONTH. INCLUDES UNLIMITED ACCESS TO ALL OTHER CLASSES



SWEAT.

OUR SIGNATURE LARGE GROUP CLASS; 45 MINS OF MUSIC & ENERGY.

SWEAT WITH US ON THE ERGS & BUILD STRENGTH, ENDURANCE & CONFIDENCE!

EACH SWEAT SESSION BEGINS WITH A SPECIFIC WARM UP, PRIMING YOUR BODY FOR THE SESSION.

OUR COACHES WILL TAKE YOU THROUGH SOME MIXED CONDITIONING USING CARDIO MACHINES, DUMBBELLS, KETTLEBELLS & BODYWEIGHT EXERCISES.

THE FOCUS OF SWEAT IS TO BUILD FITNESS, MUSCLE ENDURANCE & STRENGTH.

- + *INCLUSIVE OF ALL ABILITIES. OUR TEAM WILL HELP YOU MEET THE DESIRED INTENSITY REGARDLESS OF YOUR EXPERIENCE.*
- + *COACH EDUCATION ON APPLYING INTENSITY, USING THE ERG MACHINES & UNDERSTANDING YOUR METRICS.*
- + *IMPROVE YOUR WORKING & TRAINING CAPACITY WITH THESE SESSIONS.*

STRENGTH.

BUILD YOUR STRENGTH & ENDURANCE WITH OUR FUNCTIONAL STRENGTH CLASS USING DUMBBELLS & KETTLEBELLS TO BUILD THE BODY YOU WANT!

BECOMING STRONG REQUIRES A BALANCE OF MOBILITY, STABILITY & GREAT TECHNIQUE.

STRENGTH STARTS WITH A MOVEMENT SPECIFIC WARM UP DESIGNED TO HELP YOU GET INTO EFFICIENT POSITIONS, LEARN & IMPROVE KEY MOVEMENT PATTERNS & PREPARE YOUR BODY TO GET STRONG.

OUR COACHES WILL LEAD YOU THROUGH SPECIFIC SETS & REPS FOCUSING ON THE FUNDAMENTALS. EXPECT TO SEE SQUATTING, BENDING, LUNGING, PUSHING, PULLING & CORE STRENGTH MOVEMENTS IN THESE CLASSES.

- + *INCLUSIVE OF ALL ABILITIES.*
- + *COACH EDUCATION THROUGHOUT THE SESSION TO BUILD EFFICIENT TECHNIQUE & IMPROVE MOVEMENT COMPETENCIES IN A FUN FORMAT.*
- + *STRENGTH BUILDING FOCUS.*

TEAM HYBRID.

IF YOU WANT TO GO FAST, GO ALONE.

IF YOU WANT TO GO FAR, GO TOGETHER!

THIS IS AN XL TWIST ON OUR SIGNATURE CLASS WHERE YOU WILL WORK IN SMALL GROUPS TO CHASE YOUR GOALS TOGETHER IN CHIPPER STYLE WORKOUTS.

YOU'LL BE WORKING TO EACH OTHERS STRENGTHS TO OVERCOME CHALLENGES BECOME FITTER & STRONGER TOGETHER.

- + *INCLUSIVE OF ALL ABILITIES.*
- + *CIRCUIT STYLE TEAM WORKOUTS, SCALED AS NECESSARY TO ENSURE EVERYONE CAN TAKE PART.*
- + *BUILD RESILIENCE & WORK HARD FOR YOUR TEAM.*



YOGA.

IT'S ALL ABOUT BALANCE. THAT'S WHY WE NOW HAVE WEEKLY WARM YOGA & YIN YOGA CLASSES INCLUDED IN OUR MEMBERSHIPS WHICH ARE SUITABLE FOR ALL LEVELS.

WARM FLOW - YOU WILL MOVE FROM ONE POSE TO ANOTHER IN A CONTINUOUS, SMOOTH WAY FOCUSING ON THE CONNECTION BETWEEN BREATH, MOVEMENT AND THE MIND.

YIN YOGA - YOU WILL FOCUS ON SLOWING DOWN AND STRETCHING TO INCREASE YOUR FLEXIBILITY AND MOBILITY.



BABY.

OUR NEW ADULT & BABY CLASSES ALLOW YOU TO BRING YOUR BABIES INTO THE GYM WHILST YOU GET BACK TO WORKING OUT.

SMALL GROUP PERSONAL TRAINING WITH THE REINTRODUCTION OF BODYWEIGHT & RESISTANCE TRAINING FOR BUSY MUMS & DADS WITH OUR COACHES WHO SPECIALISE IN POST NATAL EXERCISE.

CLASSES CAPPED AT 6 PEOPLE.

**TRAINING:
STRUCTURE.**



SPACE

MOVEMENT & WELLNESS



WHY JOIN?

- + OUR FOUNDERS HAVE A COLLECTIVE 30+ YEARS IN THE INDUSTRY.
- + SPACE IS NOT YOUR AVERAGE GYM.
- + WE'VE DONE OUR BEST TO MAKE IT FEEL LIKE A SPA FROM THE MOMENT YOU ENTER.
- + CHILLED SCENTED TOWELS HANDED OUT AFTER EVERY CLASS
- + OUR CHANGING ROOMS AND SHOWERS INCLUDE A TOWEL SERVICE.
- + MEMBERS HAVE EXCLUSIVE ACCESS TO OUR 'WELLNESS SERIES' EVENTS BEFORE THE REST OF THE PUBLIC.
- + OUR SGPT THE FOUNDATION OF OUR TRAINING PHILOSOPHY. THEY ALSO INCLUDE UNLIMITED ACCES TO ALL OTHER SPACE CLASSES.

PRICING:

MEMBERSHIPS.

Monthly SGPT memberships include unlimited access to SWEAT, STRENGTH, TEAM HYBRID & YOGA classes.

4 SGPT + unlimited £99
8 SGPT + unlimited £119
12 SGPT + unlimited £149

Monthly Unlimited Classes [excluding SGPT] £89

*Our monthly memberships are a rolling membership.
Opt out available with 1 months notice.

SGPT Walk in session £16

Group Class walk in session £15

Group Class bundles [excluding SGPT]

3 classes £36
5 classes £55
10 classes £99

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