

GYM INDUCTION AND FITNESS PROGRAMME

As a new member of the Tower Bridge Health and Fitness Club, you will receive a gym induction and complete fitness assessment including blood pressure, body fat, BMI, weight and postural analysis. The Fitness Team can design a programme that is tailored to your needs and around your lifestyle to get you motivated and focused.

PERSONAL TRAINING

Our team of professional trainers are here to help you to achieve your goals quickly and effectively. Whether you need motivation, an extra push or advice on effective use of time in the gym, please talk to a member of the Fitness Team.

POWER PLATE

We offer one-to-one guidance and training on full-body workouts: warm up, balance, strength and massage in as little as 30 minutes. Increase the fat burning process, muscle tone and strength; reduce cellulite and activate blood pressure circulation. Please contact a member of the Fitness Team.

SPINNING

A great cardiovascular workout that uses stationary bikes to vary between resistances accompanied by upbeat music!

ABS BLAST

A short and effective session that focuses on exercises for toning and strengthening the mid torso.

CIRCUITS

This class is specifically designed to improve core strength, aerobic fitness and flexibility.

PILATES

A combination of power, strength, coordination and flexibility to help you improve your posture, core strength and total fitness.

BOXERCISE

Experience a pure adrenaline, total-body fitness workout based on the techniques of boxing, including pad work and a boxing style circuit.

BOOT CAMP

Boot camp is an army style class designed to build strength, fitness and tone through a variety of intense intervals. This class is typically conducted in a circuit format.

YOGA

Involving breath-synchronised movement, this is a vigorous style, based on the performance of a series of poses. Hatha yoga is usually slow paced and focused on stretching and learning the basic yoga poses.

LEGS, BUMS AND TUMS

A great way to tackle those trouble spots! Tone up, firm up and strengthen your core, hips, thighs and bottom.

GYM & STUDIO ETIQUETTE

Wear comfortable sports clothing and footwear. Stay hydrated throughout and after the workout. In the interest of hygiene, please wipe down gym equipment after use. Due to health and safety, please arrive 5 -10 minutes before the start of the class. Children under 16 are not allowed in the gym.

SWIMMING POOL ETIQUETTE

In the interest of hygiene, please shower before using the pool, Jacuzzi, sauna and steam room. Appropriate swimwear must be worn at all times in the pool area. If you suffer from heart disease, diabetes or high blood pressure do NOT enter hot rooms or the Jacuzzi. Children under 16 must be supervised by an adult at all times. Do not enter the pool, hot rooms or Jacuzzi if you are under the influence of alcohol, narcotics, anticoagulants, antihistamines, stimulants or tranquillisers – the management reserves the right of entrance and may reject anyone they deem to be under any of the above without question.

HIIT 30:30

High-intensity interval training (HIIT) is an exercise strategy that involves short periods of intense anaerobic exercise along with short recovery periods - 30 seconds of exercise followed by 30 seconds of rest. HIIT is a form of cardiovascular exercise that also uses muscular training.

STEP FIT

A low impact class designed to work your heart and lungs for improved cardiovascular fitness. Using an adjustable step, you will be giving your lower body muscles a good workout; strengthening and toning your bottom, thighs and abdominal muscles. Your class will also incorporate exercises using the arms to increase the calories burned.

AZONTO FIT

Azonto Fit incorporates the body movements of Azonto dance form with a fitness routine in fun, challenging, easy-to-follow, African-inspired, calorie-burning fitness classes for you to get into shape.



GRANGE HEALTH CLUBS

TOWER BRIDGE HEALTH CLUB

Luxury fitness and spa facilities in the Square Mile

OUR STATE-OF-THE-ART SERVICES INCLUDE

Stunning 25m swimming pool | Jacuzzi, sauna and steam rooms
Fully equipped gymnasium | Weights area | Exercise classes
Professional cardio and resistance machines | Ajala Spa

Fully qualified personal trainers | Tailored lifestyle and workout programmes

SIGN UP AS A NEW MEMBER TO RECEIVE

Relaxing Ajala Spa massage | Professional Personal Training session
Complimentary guest passes

Please book the class 24hrs in advance for a confirmed place
T: +44 (0)20 7959 5050 | E: tower.info@grangehealthclubs.com
47 Prescott Street | London | E1 8GP



TOWER BRIDGE HEALTH AND FITNESS CLUB

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING				
SPINNING 🕒 6:15 - 7:00	CIRCUITS 🕒 7:15 - 8:00	ABS BLAST 🕒 7:15 - 7:45	SPINNING 🕒 6:15 - 7:00	LBT 🕒 7:15 - 8:00
ABS BLAST 🕒 7:15 - 7:45				
AFTERNOON				
PILATES 🕒 12:00 - 12:45	STEP FIT 🕒 12:30 - 13:00	AZONTO FIT 🕒 12:15 - 13:00	HIIT 30:30 🕒 12:30 - 13:00	YOGA 🕒 12:00 - 12:45
BOXERCISE 🕒 13:00 - 13:45	BOXERCISE 🕒 13:15 - 14:00	BOOT CAMP 🕒 13:00 - 13:45	ABS BLAST 🕒 13:15 - 13:45	HIIT 30:30 🕒 13:00 - 13:30
EVENING				
YOGA 🕒 18:30 - 19:15	CIRCUITS 🕒 18:00 - 19:00	PILATES 🕒 18:15 - 19:00	SPINNING 🕒 17:45 - 18:15	