

MOVE MENTUM STUDIO



ELECTRO MUSCLE STIMULATION

EMS (electric muscle stimulation) is a highly effective form of training led by a specially trained and certified personal trainer in private 1:1 sessions. Utilising low and mid frequency electric currents to significantly increase the body's natural muscle contractions, EMS training can help promotes weight loss, increases in strength, stimulates muscle growth and helps alleviate muscle tension and imbalances.

Single EMS
GBP 90
20 minutes per session



SWIMMING CLASSES

Whether you are swimming for a still mind, a strong body or a deeper connection; whether you wish to jump off a boat, tread water in the big blue, or swim smoothly with seamless breathing Immerse exists to help you transform your experience of swimming and of life.

One to One session
GBP 180
45 mins per session



BE MILITARY FIT

Personal Training in Hyde Park London from expert providers.

One to One Personal Training
GBP 130 1hour

One to one Powerwalk or Run
GBP 130 1 hour

Exclusive SmallGroup Class available on request

