



We are ready to safely welcome you back to Coach London
on the 12th of April



COACH London is an exclusive health, wellness, and performance club, in the heart of St. James's. More than a Gym, at COACH London we take a 360° approach to fitness by focusing on the sweet spot where the mind, body, and lifestyle meet. With access to a state-of-the-art fitness suite expert coaching and renowned medical practitioners, we ensure that our members have everything they need to reach their fitness goals, both inside and out.

Our specialist team offer inspiring guidance and support to help you improve your body, strengthen your mind and change your lifestyle to create a better, fitter, more focused you.

Our Core Principles

Body

We assess the structure and alignment of your body in motion and its response to specific physical tasks.

Mindset

We evaluate your perceptions, motivations, decision-making and personality traits.

Lifestyle

We review your nutrition, sleep patterns, commitments and responsibilities.

The Sweet Spot

Where body, mindset and lifestyle are all aligned.



Exclusive Pre-Opening Offer

Annual membership | 13 months for the price of 11

OR

Monthly direct debit | 13 months for the price of 12

+ No joining fee & Two 1-hour personalised Coach sessions, including a 6-week bespoke programme - Available with both offers

For more information call us on +44 (0) 207 315 4260 or email nefeli@coachlondon.uk