



# MEMBER'S GUIDE

Welcome to our community



MIND



MOVEMENT



NUTRITION



THERAPY

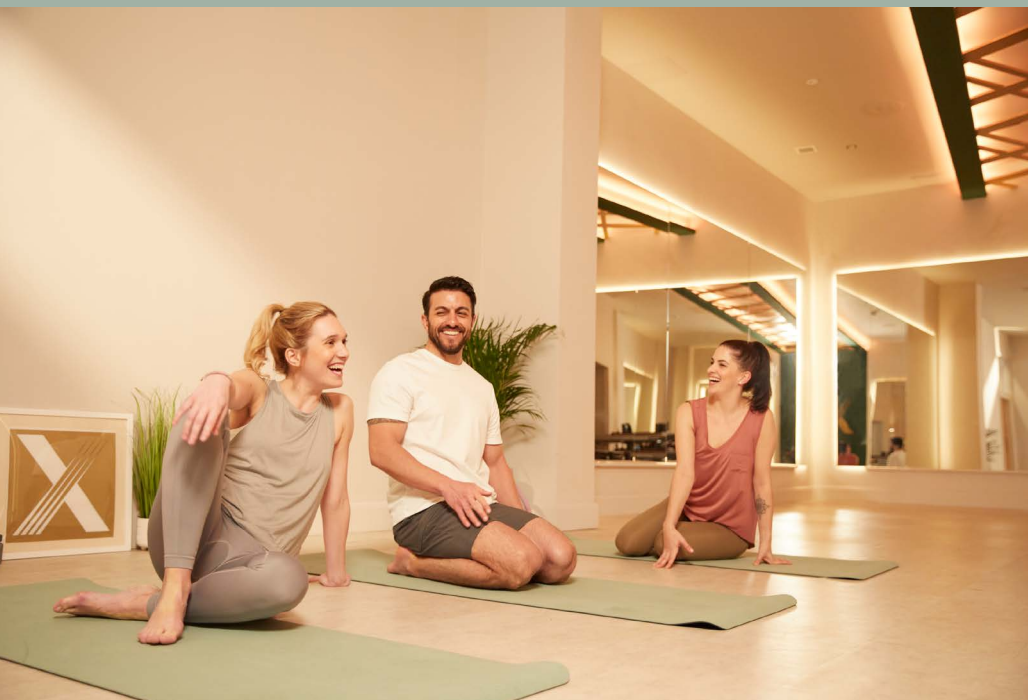
# LEAD A STRONGER EXISTENCE

 MIND  MOVEMENT  NUTRITION  THERAPY

VOTED #1 FOR BEST FITNESS CLASSES IN LONDON BY  
**marie claire**

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# ABOUT X-CLUB

## THE WELLNESS X

X-Club was born out of passion and ambition, created with personal fulfillment in mind. The passion to improve the health and wellness of our community and the ambition to help as many communities as possible.

## SO WHY PILATES?

Pilates builds an outstanding physical foundation for any wellness programme to build core strength and great technique through safe and challenging training.



✦ MIND    // MOVEMENT    ☺ NUTRITION    // THERAPY



## THE 4 PILLARS

The 4 pillars stand to help anyone, with any goal at any stage of life or health.

X-Club combines refined Pilates methodology with effective fitness techniques using expertly crafted Reformers and bespoke equipment.

Alongside world-class group exercise, members benefit from supplementary services including; 1:1 trainers, specialist therapists in massage and Physiotherapy, as well as drop-in gym sessions. Members can also take part in a range of challenges, courses and retreats to allow every individual to fulfil their potential.



“X-Club helps people build a harmonious mind-body connection and lead a well-balanced healthy lifestyle. The combination of mindfulness, healthy eating and conscious movement, builds a highly functioning agile body and outlook.”

**AMANDA BARACHO**

X-Club CO-FOUNDER & MASTER TRAINER

# OUR STUDIOS

**REFORMER STUDIO** with intelligent lighting for mindfulness

**DROP-IN GYM** to supplement your training and fitness goals

**THERAPY ROOM** to restore your body including Massage and Physiotherapy

**LIFESTYLE PRODUCTS** including clothing, equipment and refreshments

**1:1 REFORMER** for a bespoke experience

**MEMBER BENEFITS** to support with your goals both in and outside of the studio

**ON DEMAND** so you can train virtually to suit your lifestyle

**SHOWERS ON SITE** With beautiful ESPA products for those on the go



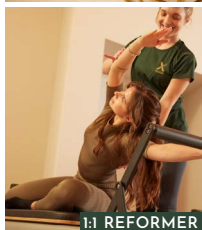
THE STUDIO



SOCIAL SPACE



THERAPY ROOM



1:1 REFORMER



THE GYM

# OUR CLASS TYPES

The X-Club method develops extraordinary movement memory, technique and precision. We combine refined Pilates methodology with effective fitness techniques using expertly crafted reformers and bespoke equipment. During this mind-body training you will become a more conscious, highly functioning and agile being.

We believe that agility is the key to human potential, both physically and mentally, and our mission is to help everyone fulfil this potential.



## **FLOW** TO BUILD YOUR TECHNIQUE

Flow is our technical foundation class and a great way to create movement stability. This class is suited to anyone looking to build strength, returners, Pre and Post-Natal, and rehabilitative. Expect an interactive agile class with variations.

**SUITABLE FOR:** Members looking to focus on technique and core strength plus a balanced routine mixed with Signature & Sequence, Beginners, returners, Pre/Post Natal (following a Pre/Post Natal modification session).



## **SIGNATURE** PUSH YOURSELF, PROGRESS AND PLAY

The signature X-Club method includes functional Reformer Pilates with combination movements for core, strength, flexibility and breathing. Fanatically fun and progressive.

**SUITABLE FOR:** Members looking to progress in the 6 core principles of Pilates and transform their body. Perfect for intermediate and experienced abilities.



## **SEQUENCE** TO IGNITE YOUR MIND AND MUSCLES

Fluid, atmospheric and rhythmic Reformer Pilates adding a layer of mind engagement through sequenced movements. The studio aura transforms to motivate and captivate through music, and mood lighting.

**SUITABLE FOR:** Intermediate and experience abilities.

# SPECIALIST CLASSES

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## MAT PILATES

Mat based Pilates focussed on core and bodyweight training, providing exceptional development in strength, balance and posture.

**SUITABLE FOR:** Experienced and advanced members looking to challenge their strength and coordination. Great for those looking for truly fun, mind and engagement!



## MEN'S REFORMER PILATES

Join our Men's only reformer class to progress in flexibility, core strength and the 6 Pilates principles tailored especially to the male physique. A wonderful community class led by Personal Trainer & Pilates Trainer Ross.



## TEEN PILATES

Through Pilates, teenagers can gain better body awareness and coordination, working the entire body and enhancing overall health and wellbeing.

This class develops all aspects of wellbeing in teens through a series of fun and dynamic exercises to improve flexibility, stability and strength.



## ON DEMAND

Our On Demand classes are available with all our memberships, however if you aren't able to come into our studio, you can access our mat classes online wherever you are in the world.

SEE PAGES 10-11 TO EXPLORE OUR 1:1 AND 2:1 SERVICES

# MEMBERSHIPS

Our memberships are designed to help fulfil your potential and give you amazing value so you can get RESULTS. We'll discuss your ambitions for a balanced life and goals for the future to find the best option for you.

## X-WELLNESS MEMBERSHIPS

The X-Wellness package offers you access to all of our key services including movement, mind, nutrition and therapies to cater for all your wellbeing needs, giving you the tools to reach your goals.

As an X-Wellness member, not only will we manage all your fitness and wellbeing needs, you'll be a VIP member of the community with some amazing partner benefits to take advantage of.

Your allocated 1:1 session/s can be used

for Physiotherapy, Personal Training, 1:1 Reformer, massage or nutrition sessions. You will have the option to select the ideal amount of classes that suit your week and fitness ambitions.



### X-WELLNESS INTRO OFFER - £93

Experience elements of our Wellness Memberships at a trial price

**3 CLASSES + 1 X 30 MIN 1:1 + 1 X DROP-IN GYM SESSION**

MEMBERSHIP	PRICE	INCLUDED	BENEFITS
XW-10	£419	<ul style="list-style-type: none"> <li>10 classes</li> <li>2 x 1hr (or 4 x 30 min) 1:1</li> <li>8 Drop-in Gym sessions</li> <li>Access to on demand</li> </ul>	Our all access membership for overall wellness with access to Nutrition, Physiotherapy, Massage, 1:1 Reformer or Personal Training
XW-8	£305	<ul style="list-style-type: none"> <li>8 classes</li> <li>1 x 1hr (or 2 x 30 min) 1:1</li> <li>4 Drop-in Gym sessions</li> <li>Access to on demand</li> </ul>	Ideal for regular training and consistency to push results with access to Nutrition, Physiotherapy, Massage, 1:1 Reformer or Personal Training
XW-4	£175	<ul style="list-style-type: none"> <li>4 classes</li> <li>1 x 30 min 1:1</li> <li>2 Drop-in Gym sessions</li> </ul>	Ideal to supplement up your wellness routine with access to Nutrition, Physiotherapy, Massage, 1:1 Reformer or Personal Trainings

X-Wellness members receive priority booking for retreats and masterclasses



# MEMBERSHIPS

## X-PILATES MEMBERSHIPS

Our X-Pilates memberships give you the best value for classes and offer special benefits on other services and products too.

### X-PILATES INTRO OFFER - £49

Experience our various class types  
3 CLASSES AT A TRIAL PRICE

MEMBERSHIP	PRICE	INCLUDED	BENEFITS
X-10	£230	<ul style="list-style-type: none"> <li>10 classes per month</li> <li>Access to on demand</li> <li>4 Drop-in Gym sessions a month</li> </ul>	Great for people committed to change and looking for 3* sessions per week at our best value.
X-8	£192	<ul style="list-style-type: none"> <li>8 classes per month</li> <li>Access to on demand</li> <li>2 Drop-in Gym sessions a month</li> </ul>	Our most popular choice for 2 sessions per week.
X-4	£99	<ul style="list-style-type: none"> <li>4 classes per month</li> <li>Access to on demand</li> <li>1 Drop-in Gym session a month</li> </ul>	Great for members using Pilates as an addition to their training.
X-A	£4,000	<ul style="list-style-type: none"> <li>200 classes per year at our best price</li> </ul>	Great for members enjoying Pilates 3-4 times per week, for their fitness and wellbeing

\*See our member benefits page for all the community benefits  
Speak to one of our Studio Coordinators or sign up online today

## ON DEMAND MEMBERSHIPS

We offer a digital Pilates on-demand service, so life never gets in the way of your wellness goals.

If you don't have time to visit the studio or simply want to exercise from the comfort of your own home, we have a range of on-demand classes available from full-body workouts, to upper body, core and PT sessions.

1 MONTH ACCESS	3 MONTHS ACCESS	6 MONTHS ACCESS
£70	£195	£300

# 1:1 SERVICES

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We offer a range of 1:1 sessions with our Personal Training experts. Whatever your needs, you can supplement your mind and body goals with 1:1 sessions in Reformer Pilates, fitness Personal Training, mindfulness coaching, nutrition, Physiotherapy and massage.



## 1:1 REFORMER

Take a personal class, bespoke to your goals in our private corner of the studio with your favourite instructor. Contact the team for 2:1 Reformer sessions.

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## PERSONAL TRAINING

Our exclusive gym is the perfect environment to work on your fitness goals. Whatever your aim, we have Personal Trainers who will work with you to excel.

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## NUTRITION

It's important for us to fuel ourselves correctly to live up to our highest potential. Our in-house nutritionist is on hand to ensure you are setting yourself up for success. This will include education, analysis, meal planning and advice.

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## PHYSIOTHERAPY

Whatever your rehabilitation needs, our physios can work with you to ensure your movement is as efficient and pain-free as possible. Our physios are all registered with the HCPC and provide expert medical services.

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## MASSAGE *Get in touch to be sent a Massage menu*

Chose a massage with a specialist therapist to restore your body. Select from:

- Swedish/Holistic Massage
  - Deep Tissue Massage
  - Trigger Point Therapy
  - Lymphatic Drainage Massage
  - Aromatherapy
  - Hot stones
  - Fire/Dry Cupping
  - Poultices & scrubs
- 



## MINDFULNESS

We include mindfulness in our classes, but also offer masterclasses and 1:1 sessions. You'll work with our instructors to practice presence, gratitude and awareness to alter your perspective, and cure anxiety, as well as other common emotions that are misplaced in your day to day.



# 1:1 SERVICES

Have a personal experience with our Pilates trainers. Your session will be bespoke to your goals with your favourite instructor. You can do 1:1 alongside classes on our Wellness Memberships or by selecting a pack or single session. Chose from Reformer or Mat.

## MEET THE EXPERTS



“Massage is a powerful therapy to aid your training and transform your mental state”

- NICOLA, MASSAGE



“I train my clients through NLP to re-train habits and make delicious and nutritious choices that are personal to their goals”

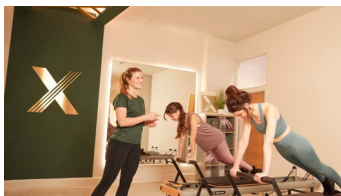
- MELISSA, NUTRITION

## 1:1 PACKS

Our 1:1 packs are flexible and can be used across all services: Pilates / Nutrition / Massage / Mind & Personal Training. (Physiotherapy requires a Master Pack)

PACKAGE	X- TRAINER / MASSAGE	X - MASTER
X-1:1	£90	£110
X - 1:1 X 10	£850	£1,050
X - 1:1 X 20	£1,600	£2,000
X - 1:1 X 30	£2,250	£2,850

# 2:1 SERVICES



Have a personal class with a loved one! Your session will be tailored to suit varying levels and goals.

Chose from Reformer or Mat.

You can book 2:1 directly by calling or via email.

2:1 SESSIONS	1 SESSION	10 PACK	20 PACK	30 PACK
2:1 TRAINER	£150	£1,400	£2,600	£3,600
PER CLIENT PER SESSION	£75	£70	£65	£60

# CHALLENGES

Running in January, March, June and September, our challenges are designed to push you to change your body and perspective.

You'll have access to 16 classes per month where we'll track your attendance and progress. You'll also have access to our drop-in gym and on demand classes during this time.

Members looking to take part in challenges will be able to upgrade for the month to receive the extra classes and benefits.



X-CHALLENGE

£329

16 CLASSES | NUTRITION GUIDE |  
ACCESS TO ON DEMAND CLASSES |  
PROGRESS TRACKER

1 MONTH



THE BOUFRAY, FRANCE



# RETREATS

We know that sometimes it's important to re-set your body and kick start your wellness. There's nothing better for the mind and body than spending time away from your routine, focussing on what's best for your complete wellbeing. Spanning the UK and abroad, our retreats will start in 2022.

We have some fantastic locations lined up including The Boufray in France.

RETREAT LENGTHS WILL BE 2-5 DAYS.  
MEALS, FITNESS CLASSES, THERAPIES  
AND SOCIAL ACTIVITIES INCLUDED.  
RETREATS COMING 2023.

# OTHER SERVICES

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## DROP IN GYM

For our clients who are not on packages with gym access we offer the following options to purchase drop-in gym sessions:

8 SESSIONS	£120	1 month class expiry
4 SESSIONS	£80	1 month class expiry
1 SESSION	£25	2 week expiry

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## PRE/POST NATAL

Book a modification session to be able to join group classes up until the end of your second trimester with medical approval. Post-natal clients are encouraged to take a modification session when they're ready, (at least 6 weeks post birth) with a Doctor's consent.

PRE/POST NATAL MODIFICATIONS SESSION	£45	30 Minute session
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## GIFT CARDS

Give the gift of health to a loved one or friend. Gift cards of any amount can be purchased either in studio or online at [www.Xclubs.co.uk](http://www.Xclubs.co.uk)



## HERE'S WHAT OUR MEMBERS ARE SAYING ABOUT US

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*If you are thinking of trying reformer pilates for the first time the flow class is a great starting point. Highly recommend! - S ALIBHAI*

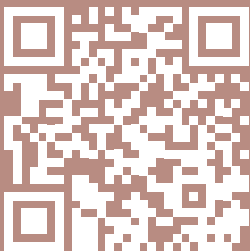
*I've tried several pilates studios around London but X-Club is my favourite by far and where I'm now a member. The team are all very friendly and helpful and the studio itself is a really inviting space. - SHALINI PEIRIS*

*It's been years since I've done reformer Pilates but found the flow classes at X-Club a fantastic reintroduction. The instructors are excellent and approachable with each having their own style and focus. - LINDA OLDING*

# MEET THE TEAM

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We are a team of expert health and wellness professionals that share key values and enjoy being part of something magical. We love talking to industry professionals who share our passion for supporting clients through mindfulness, movement, treatments and nutrition.



SCAN TO VIEW OUR TEAM BIO'S,  
DISCOVER THEIR WIDE RANGE OF  
SERVICES AND UNIQUE EXPERTISE,  
TO FIND YOUR PERFECT FIT.  
[WWW.XCLUBS.CO.UK/MEET-THE-TEAM](http://WWW.XCLUBS.CO.UK/MEET-THE-TEAM)

# MEMBER REFERRALS

Training together has many benefits including increased motivation, shared accountability and friendly competition! If you know someone that would like to join our community, you can benefit from the following member referral offers as a reward for your recommendations:

**INTRO OFFER REFERRAL** - If you refer someone who purchases our £49 Intro Offer, you'll get a FREE extra class (worth £25) added to your membership!\*

**MEMBERSHIP REFERRAL** - If your referred friend joins as a full member, you'll get a FREE 30 minute 1:1 Reformer Pilates or PT session to enhance your training with expert, personalised support.\*



**TO REFER A FRIEND, PARTNER, COLLEAGUE OR FAMILY MEMBER,  
PLEASE REGISTER THEM AT: [WWW.XCLUBS.CO.UK/REFER](http://WWW.XCLUBS.CO.UK/REFER)**

\*Ts & Cs apply: Free class offer is valid when your referred friend purchases the £49 Intro Offer. Free 30 minute 1:1 session is valid when your referred friend purchases full membership including Annual, X-Club 4, 8 or 10 or X-Wellness 4, 8 or 10. Offers are valid per person and may extend to additional referees that have purchased.  
Not to be used in conjunction with any other offer.

# MEMBER BENEFITS

Our members can enjoy a range of local offers and discounts.  
We are constantly updating this offering to encourage our members to explore and enjoy the businesses in the local area.

**SCAN TO VIEW OUR CURRENT  
MEMBERSHIP BENEFITS:**

**[WWW.XCLUBS.CO.UK/MEMBERBENEFITS](http://WWW.XCLUBS.CO.UK/MEMBERBENEFITS)**





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