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## Boutique Fitness Studio and Health Café Opening at Bath Riverside

CLASS is set to open in January 2019 bringing together three of Bath's leading independent business owners



Bath's exclusive personal training specialist, HEALTH, is set to expand in January 2019, with the launch of CLASS, a brand-new boutique fitness studio located within the Bath Riverside development.

CLASS has bought on Simona Hernandez from Bath's leading yoga studio Yoga Bodhi, to create a full timetable of yoga for members which will run alongside a "Turn & Burn" high-intensity body workout. It will also be the first place in Bath offering a uniquely structured "Flow" programme, the latest trend in mobility and bodyweight training.

The boutique fitness studio has also teamed up with the founders of The Grocer and Rooted to run the in-house health food cafe. The Vital Café will offer freshly prepared healthy meals and snacks, Barista coffee and recovery smoothies which can be pre-ordered and served immediately after class.

Evening events, including talks and workshops by experts in the health and wellness fields, will be hosted for CLASS members in the café every month.

Membership costs £97 per month and provides unlimited access to all classes, seven days a week. Founding members will benefit from a 20% life-time discount and residents of Bath's Riverside will also be eligible for discounted membership.

Rob Suchet, Director of HEALTH, says *"We are really excited to be opening CLASS, which is designed to embody a culture of health and movement for all ages by bringing together high intensity exercise, restorative training methods and healthy food and drink under one roof."*

Head of Yoga Bodhi, Simona Hernandez says, *"This is a great opportunity to deliver yoga alongside traditional training methods in a boutique environment. I've seen what Rob has achieved at HEALTH and can't wait to be part of the CLASS team to help create a unique offering."*

Michelle Peace from The Grocer Cafe comments: *"We are most excited to be involved with Class. We share the same values and commitment to healthy eating and lifestyle and can't wait to work alongside Rob to compile nutritious meals to help body recovery and build."*

To sign up for more information about CLASS please visit [www.class-bath.co.uk](http://www.class-bath.co.uk)

## **ENDS**

For more information please contact Rosie Jones at Highlight PR - [rosie@highlightpr.co.uk](mailto:rosie@highlightpr.co.uk) / 01225444268

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