

WORKOUT CENTRAL

PILGRIM STREET, NEWCASTLE CITY CENTR, NE1 2DS

Newcastle's most exclusive wellbeing destination.
Designed around you.

With cutting edge interior design across three bespoke floors, your Club has designed to maximise mood and light. Luxury finishes throughout will elevate your experience beyond the norm.

As an exclusive Club, we aren't targeting maximum membership numbers. Our mission is to maximise our member experience. We want all of our members to feel valued and welcome, benefiting from not only the premium level facilities but also the opportunity to network with like minded people.

THE ARRAY OF FACILITIES INCLUDE:

Two Gym Floors
State of the art resistance and cardio equipment by Life Fitness and Hammer Strength, functional training zone

Spa & Wellness
Including essenced sauna, steam and cold rooms as well as experience showers and heated bench

Four dedicated studio spaces
Lab, Mind and Body, Spin and Reformer offering a full range of classes

Café Revive
A stylish and relaxing cafe space serving a range of gourmet coffees, delicious food and health drinks

The Business Club
A dedicated co-working and serviced office space

With natural light, designer finishes as well as integrated audio visual systems our gym space is unlike any other.

Across two floors, the main gym brings together premium strength equipment, Olympic lifting platforms and a full suite of cardio — laid out so every session has space, flow and purpose.











STRENGTH & RESISTANCE

Our strength zone, developed with Life Fitness and Hammer Strength, features free weights, lifting platforms, specialist lower-body equipment, premium resistance machines, and plate-loaded and pin-select equipment to support strength, muscle building, and athletic performance.

CARDIO & CONDITIONING

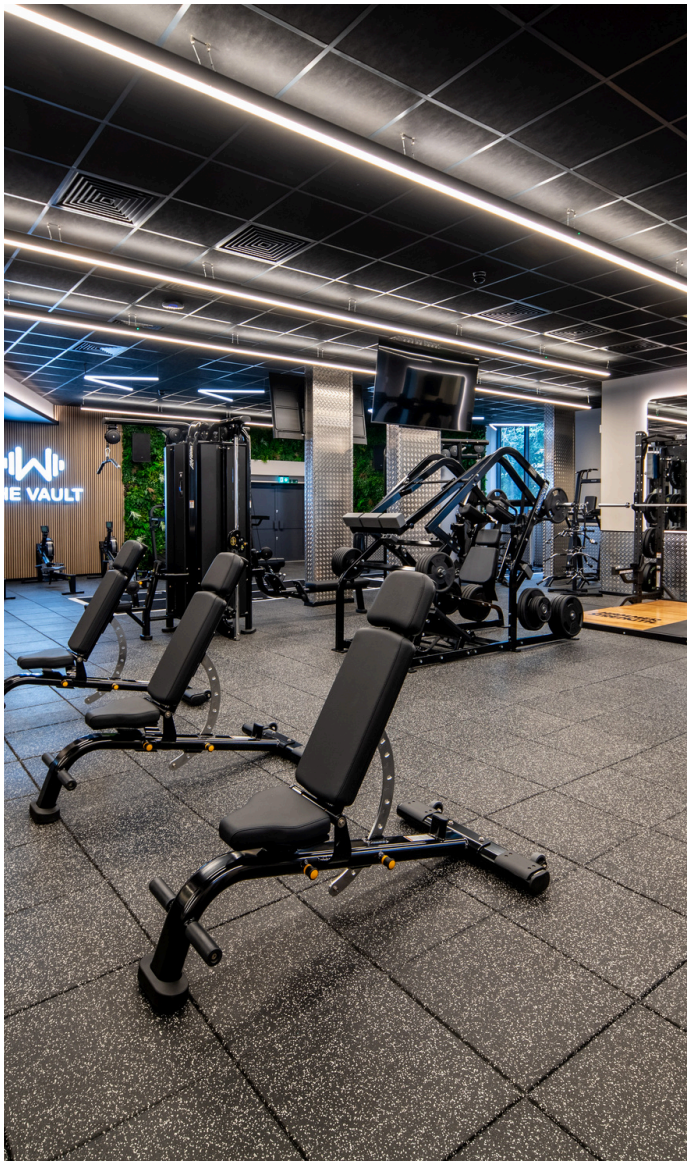
Top of the range Life Fitness cardio equipment, all with HD integrated screens. The Workout Central cardio zone overlooks the Newcastle Quayside, offering fantastic views of the River Tyne. Flooded with natural light and a high-end design, we offer a full cardio range for your training.

The Vault

Situated within the basement beneath the main gym floor, with views across the historic Quayside, the Vault is our dedicated performance space for functional and athletic training — built for members who want to push further.

Inside, a functional rig, a marked turf sprint lane and rowers sit beneath atmospheric lighting and a living green wall — a space that feels focused, energising and unlike anywhere else in the club.





INSIDE THE VAULT

1 **Functional rig**

Pull, press and hang — built for athletic strength work.

2 **Turf sprint lane**

A marked track for sled pushes, sprints and drills.

3 **Rowers & conditioning**

Engines built for intervals and hard efforts.

4 **Atmospheric lighting**

Moody, focused and designed to switch you on.

BUILT FOR PERFORMANCE

Whether you're training for sport, building conditioning or chasing a new personal best, The Vault gives you the room — and the atmosphere — to go further.

ATHLETIC · FUNCTIONAL · FOCUSED



The reformer studio

With soft finishes warm lighting and a relaxed vibe our Reformer studio is the best in the City.

Utilising the latest Align Pilates equipment and accessories and experienced instructors we cater for the full reformer spectrum from beginner to advanced.

Our Reformer Pilates Studio is a dedicated space designed for focused, low-impact strength training using professional Reformer machines.

Classes are intentionally sized so instructors can focus on technique and ensure every movement is performed safely and effectively.

Two ways to Reformer.

REFORMER FOUNDATIONS

A technique-led introduction to reformer Pilates, designed to build intelligent movement patterns from the ground up.

Expect controlled tempo, alignment-focused coaching and deep core integration. This is where strength begins with precision.

BEST FOR

- New members
- Returners
- Those refining technique

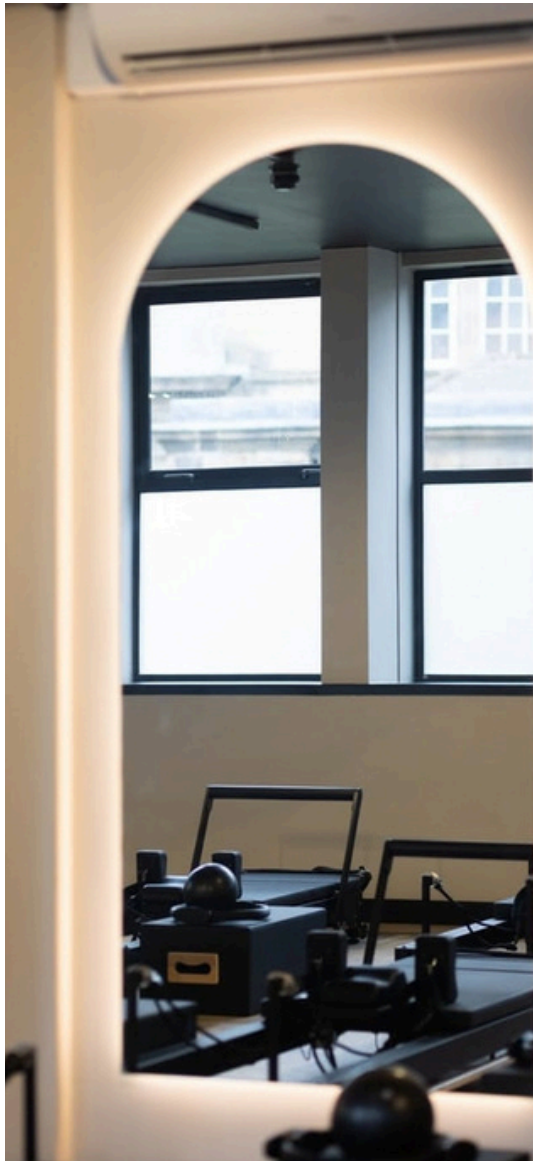
REFORMER FOUNDATIONS

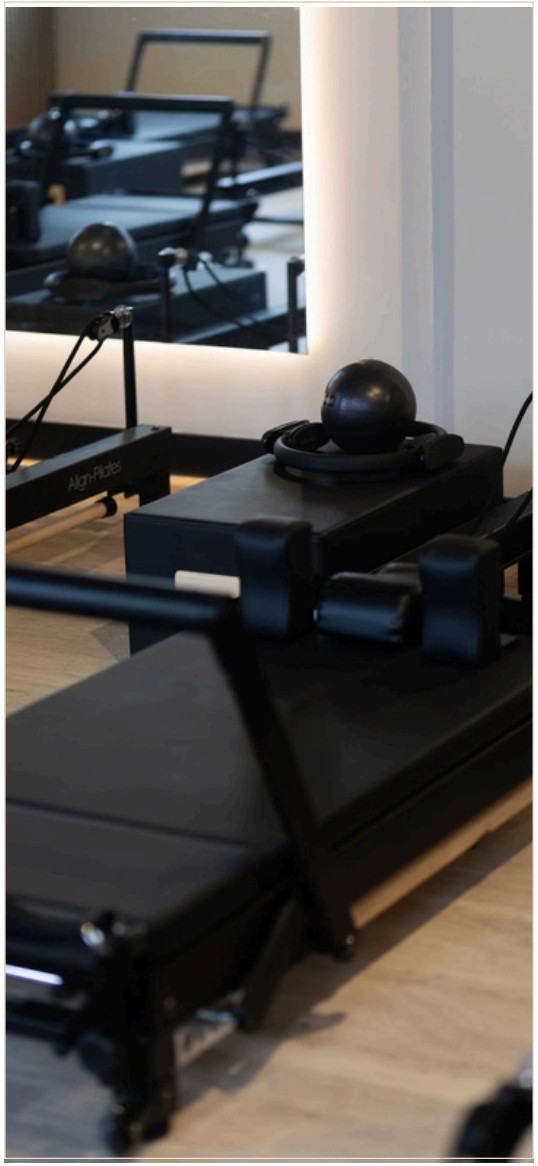
Flowing, layered sequences designed to build strength and endurance while maintaining control.

Dynamic Reformer moves with rhythm and progression - challenging coordination, stamina and total-body strength without sacrificing form.

BEST FOR

- Confident reformer users
- Members ready to progress



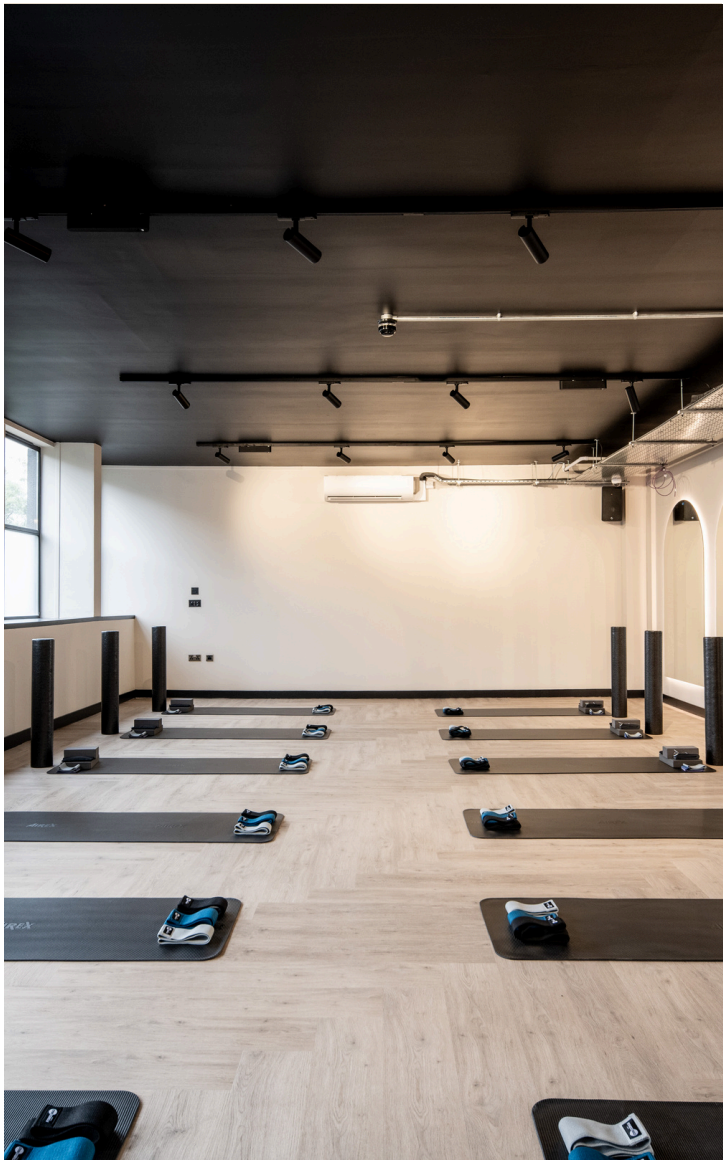


The mind & body studio

Utilising backlit mirrors, soft lighting and calming music, our Mind & Body studio offers the perfect environment for movement, recovery and wellbeing.

Away from the energy of the main gym floor, this calm and considered environment hosts classes focused on mobility, posture, flexibility and core strength — helping you move better both inside and outside the gym.

Whether you're looking to complement strength training, recover from a demanding week, or simply slow down and reconnect with your body, our mind and body classes offer the perfect reset.



Three ways to reset.

01

Yoga Flow

Breath-led movement to build flexibility, balance and calm.

02

Precison Mat

Core strength and control — no equipment needed.

03

Mobility & Restore

Joint health and functional range of motion for training and everyday life. Deep stretch and recovery-focused movement to unwind and reset.

The spin studio

High energy. Every ride.

Workout Central's Spin Studio features award-winning technology, top-of-the-range Life Fitness bikes and an immersive sound and light experience unlike any other. Designed for an interactive, immersive experience.

Our Spin Studio delivers high-energy cycling sessions focused on power, endurance and measurable performance.

This is indoor cycling designed for real progression, not just riding to music.



Two ways to ride.

VIRTUAL RIDE

Rhythm-driven cycling designed to build cardiovascular fitness through structured intervals and music-led motivation.

Immersive, energising and accessible across levels.

- Immersive on-screen routes
- Real-world terrain and climbs
- Leaderboard-style competition
- Ride at your own level

STUDIO SPIN

Rhythm-based, music-led and instructor-guided — high-energy rides where the playlist sets the pace.

- Instructor-guided sessions
- Rhythm-based, music-driven
- Intervals, climbs and sprints
- All abilities welcome

Clip in. Turn it up. Leave it all on the bike.



The Lab

With a high-tech, high-energy vibe, The Lab is a dedicated group training studio designed for high-energy, coach-led workouts that build strength, improve fitness and push performance.

Whether you're looking to lift, condition, box or challenge yourself in a motivating group environment, The Lab delivers structured training with expert coaching and an atmosphere that drives results.

Inside The Lab.

CLASS FORMATS

Strength-led

Build muscle, tone and power with coached, progressive sessions.

STRENGTH · TONE · POWER

Cardio-led

Raise your heart rate, burn calories and build stamina.

CARDIO · ENDURANCE · STAMINA

HOW IT WORKS

1. **Timetabled**
   Classes run on a fixed weekly schedule.
2. **Instructor-led**
   Expert coaching and motivation, every session.
3. **All levels**
   Scalable for first-timers and regulars alike.

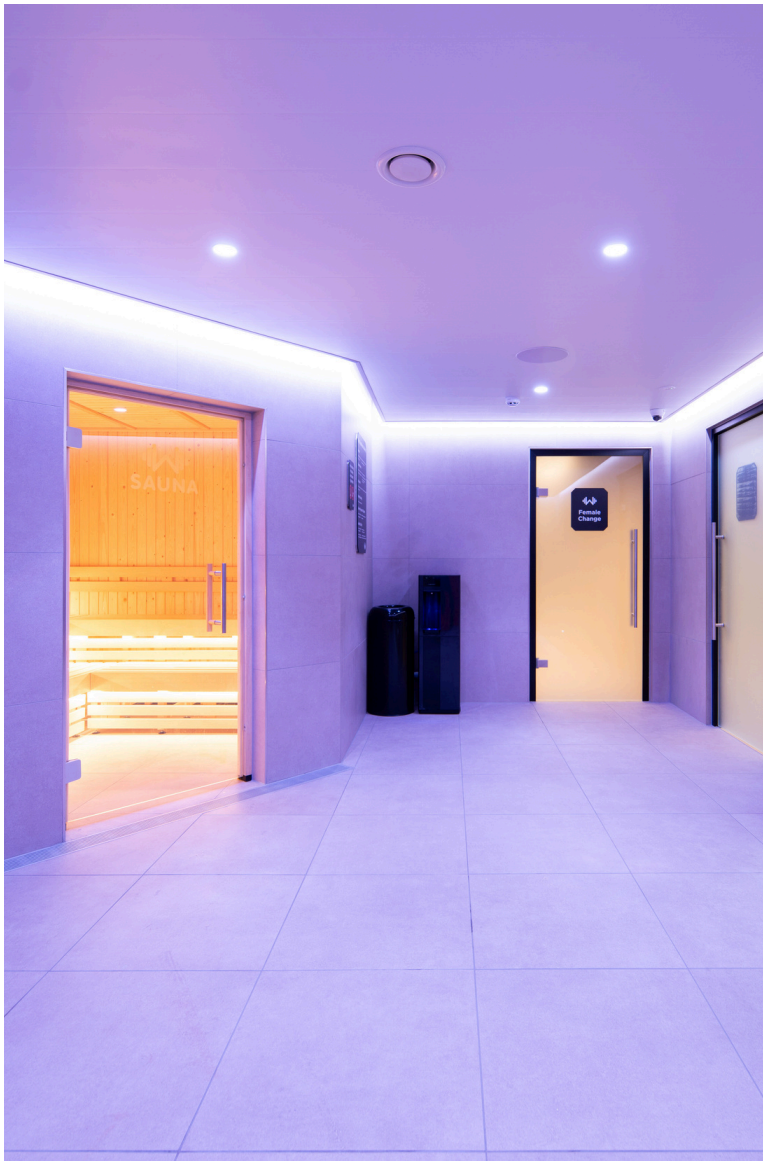
Show up. Train together.
Leave stronger.

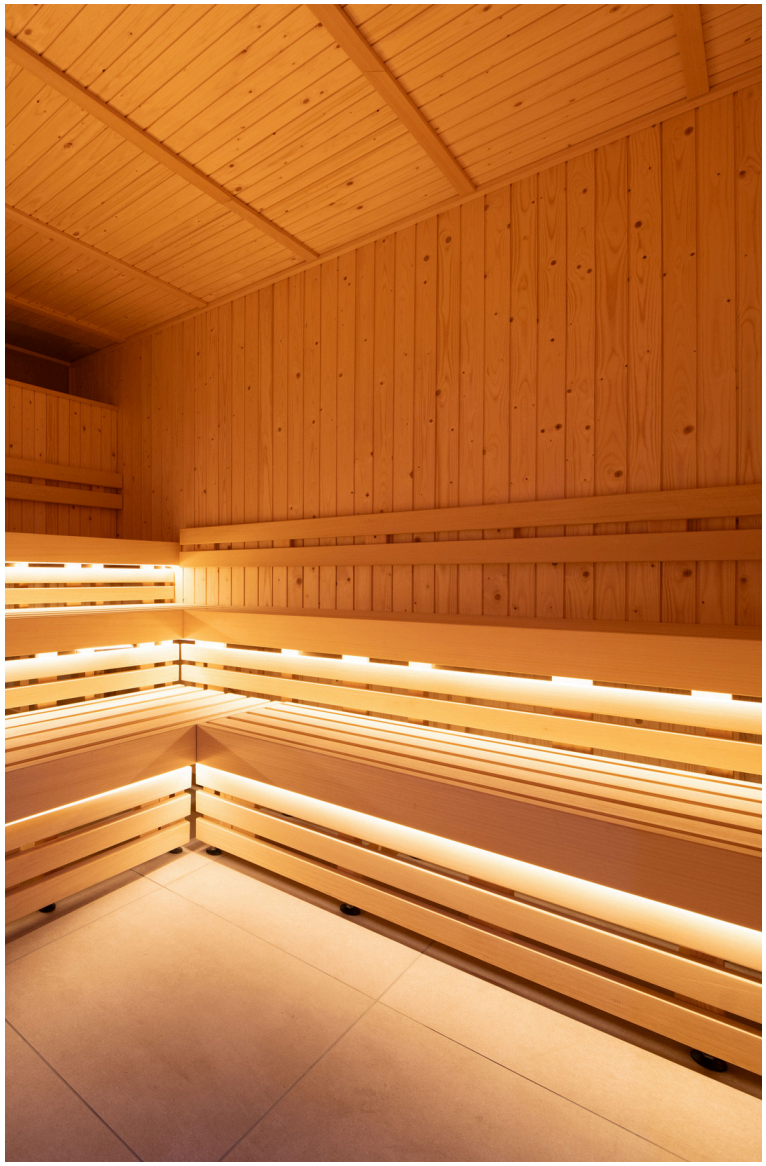
Our luxury Spa and changing areas elevate your wellness to the next level.

Whether you wish to recover after a workout or simply relax and unwind, our sensory spa experience provides the perfect environment to do just that. Featuring a sauna, steam room, cold room, experience showers, and heated wellness facilities, the spa is designed to leave you feeling refreshed, rejuvenated, and energised.

Our thoughtfully designed changing areas include private shower spaces, complimentary luxury toiletries, vanity units with hair dryers, swimsuit dryers, and premium digital lockers to ensure your comfort and convenience.

A towel service is also available for a small additional monthly fee. As part of our commitment to wellbeing, our club is designed to make it easier to incorporate relaxation, recovery, and self-care into your working day.







Ice Room

An invigorating, cool space to stimulate recovery and reset the nervous system.

Experience Showers

Alternating flow and temperature for circulation, recovery and sensory balance.

Sauna

A traditional space for warmth that relaxes muscles and resets breathing.

Steam Room

The steam environment supports circulation and soft tissue hydration.

The social hub of the Club has been designed for relaxation and connection.

With designer furnishings, an extensive menu and ultra-fast Wi-Fi, it is the perfect place to socialise, network or simply take time out.



Connect. Refuel.







ON THE MENU

Coffee

Barista prepared using locally roasted, quality beans.

Smoothies

Whole ingredients. Thoughtful combinations. Designed to support energy, hydration and recovery.

Protein

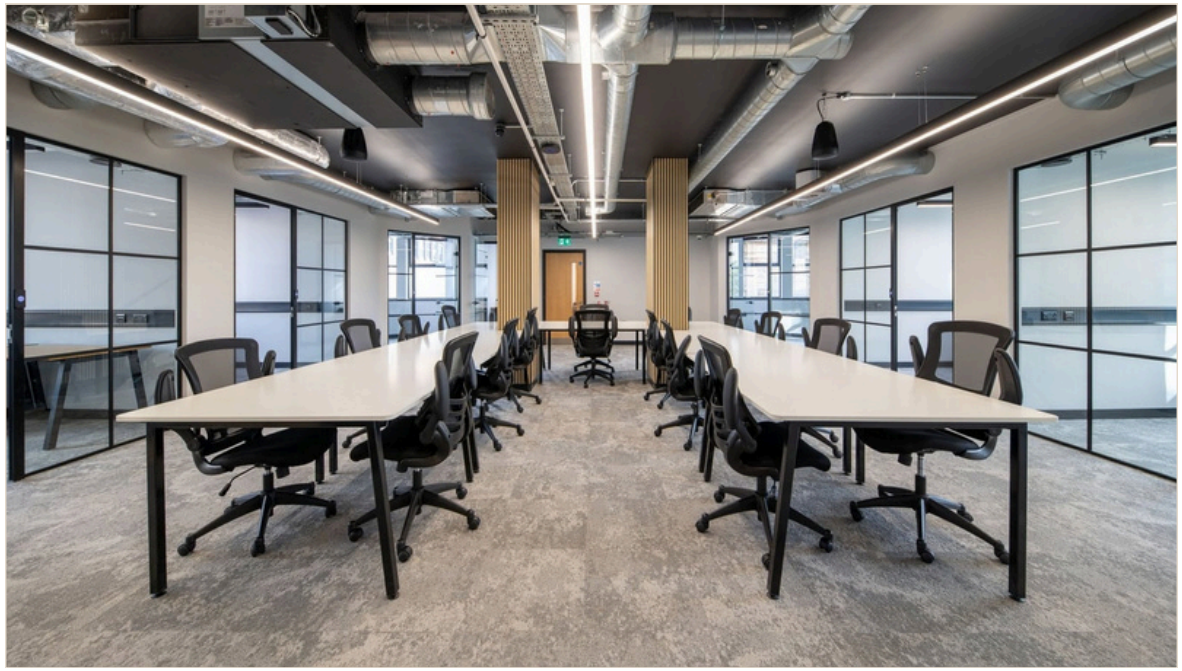
High-quality protein shakes and post-training options to support muscle repair and consistency.

DISCOUNT

All members enjoy 20% off fresh food and drinks at Café Revive.

When time is a precious commodity and your business requires a premium managed workspace.

With coworking and private office options available, it offers the ultimate in modern flexible working combined with all the benefits of the wider Club.







SERVICED OFFICES

We don't just offer premium suites, we offer a lifestyle. Whether you're a start-up business, a growing team, or an established company looking to make an impact, Workout Central combines location, luxury, and exceptional service to provide far more than just a workplace.

Every suite comes fully furnished and includes ultra-fast internet, climate control, utilities, office cleaning, managed reception services, business rates, access to state-of-the-art meeting rooms, a gym membership, exclusive discounts at Café Revive, and opportunities for networking, community building, and social events, creating a professional and inspiring environment where your business can thrive.

CO-WORKING

Workout Central's coworking space offers a premium, fully serviced environment for freelancers, remote workers, and startups. With dedicated desk space, gym membership, meeting room access, café discounts, high-speed internet, and reception support included, you'll have everything you need to stay productive and inspired.

Membership benefits.

WHAT'S INCLUDED	BASE	CORE	PRO	ELITE
Gym & Functional Access	Unlimited	Unlimited	Unlimited	Unlimited
Spa & Recovery Suite	Unlimited	Unlimited	Unlimited	Unlimited
Spin & Studio Classes	Unlimited	Unlimited	Unlimited	Unlimited
Reformer Pilates	Pay per class	4 / month	8 / month	Unlimited*
Café Perk	N/A	N/A	N/A	10% off
Guest Passes	1 / month	1 / month	1 / month	2 / month
Towels	Add-on	Add-on	Add-on	Add-on

12 MONTH MINIMUM TERM — Memberships use a 12-month agreement and include a 14-day cooling-off period. *Fair-use terms apply.

For your people

TRAIN
Two floors of free weight, strength and functional training.

MOVE
Reformer Pilates, MOWL Spin and group training classes.

RECOVER
Sauna, steam, cold room and experience showers.

WORK
Business Club & co-working space in the heart of the city..

REFUEL
Cafe Revive for coffee, smoothies, food and time together.

For your business

01 A happier and more productive team

02 Reduced absenteeism

03 Recruitment and retention benefits

04 Increased office attendance – work and workout in the City

05 Convenience

06 Networking with likeminded people within an exclusive City Centre club

BOOK YOUR CORPORATE TOUR TODAY

How to set up your corporate membership.

01

Nominate

Nominate a lead organiser for the corporate membership (this does not create any legal or financial obligation).

02

Send

Fill in the attached Group Member Invitation form with the consent of at least five members and send it through to corporate@workout-central.co.uk

03

Get started

Each individual will be sent a link to set up their membership and discounted billing which they must click on and complete

04

You are in

Once five members have signed up the scheme will go live

05

Thank You

The organiser will receive £100 of Fenwicks vouchers as a thank you form us

How to set up your corporate membership.

BILLED TO YOUR COMPANY | Email corporate@workout-central.co.uk and we will guide you through the process.

BILLED INDIVIDUALLY Group of employees: five simple steps

01 — 02 — 03 — 04 — 05

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Reformer Pilates	Pay per class	4 / month	8 / month	Unlimited*
Café Perk	N/A	N/A	N/A	10% off
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GUEST PASS

@WORKOUTCENTRALUK

Bring a friend.
Train together.

Share the Club with someone who'd love it.
Take a guest pass from the pocket and
invite a friend to train with you.

YOUR GUEST PASSES ARE IN THE POCKET

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