

Transform Middlebeck

Transform Middlebeck, an exclusive fitness training studio in the heart of Middlebeck officially opened its doors at a launch event for the local community, in February. The event gave more than 200 visitors the opportunity to find out what's on offer, meet the instructors and take part in some friendly competition.

Situated next to the popular Gannets café, Transform Middlebeck provides an unrivalled health and fitness experience for the entire community. Offering a full range of classes including, yoga, Pilates, body conditioning, bootcamp, low impact aerobics, HIIT circuits, personal training and Transform Elite. The training studio supports all members with their own fitness goals.

The team of personal trainers at Transform Middlebeck specialise in bespoke small group classes in an intimate environment to ensure maximum contact and guidance. This also ensures that residents develop the correct techniques, postures and execution of exercises.

With an active lifestyle at the heart of the masterplan for Middlebeck's development, the opening of the new fitness facility forms part of Urban&Civic's active hub initiative in Newark, where residents can also pick up a Brompton bike from our cycle hub and hop on the Sustrans NCN64 from the same spot.

Craig Allwood, personal trainer at Transform Middlebeck: "As a team, we've really enjoyed opening the doors to our brand new facilities and of course, getting to know the residents of Middlebeck. We have loved hosting a range of classes to get the local community active and to help Transform Middlebeck! Our classes are completely inclusive and suitable for all, no matter how fit you are, so whether you're looking to continue your journey, or if you're just starting off, we can help. Just pop down and see us."

