



# BARN NEWS

Dec 2025

This is the first of our monthly newsletters keeping you up to date with all things Barn.

The next newsletter in January will all about what to expect in 2026 but for now here's a recap of what's been happening at the Barn in 2025.

Check our contact us page for Christmas opening hours and the app for classes over the festive period.



## THERE'S MORE...

We launched the new F3 class which continues to grow in popularity.

We cycled for 15 hours raising £3,000 for local charity Zac's Fund in the process.

We refurbished the gym toilets.

Nancy was nominated and finished runner up in the best fitness instructor category at this year's Muddy Stiletto Awards.

And finally, this year we've delivered more than 2,500 classes and more than 4,000 personal training sessions.

## 2025 WRAPPED

This year we've had a whopping £250,000 investment that included: Replacement of all the cardio equipment with the Matrix endurance series which is top of range and includes the amazing Touch console. Along with a full cardio replacement we added an extra treadmill, bike, rower, SkiErg and a curved runner.

We replaced all of the strength equipment with the top of range Matrix ultra series.

Along with a full strength replacement we added a pec dec and power rack.

We've added more plates and have increased dumbbells to 40kg.

We replaced all the studio bikes with the new Stages SC3 bikes which we think are the best studio bikes on the market.

We opened our second outdoor gym which is called the Yard. It's filled with a full range of resistance machines, a functional trainer, rack, bench and olympic bar, dumbbells and kettlebells.

