



A walk in the park

SWEATING ON THE SQUARE is just one of the fun fitness classes offered by Nordic Balance, based at the members' only health club at The In & Out (Naval and Military Club) in St James's Square.

The team offers a holistic and long-term approach to wellbeing, tailoring programmes to suit individual needs. So, if sweating it out in the weights or cardio room isn't for you, you could try Nordic Walking, a low-impact

workout around the park, which involves walking using poles to exercise the entire body.

Also available is Body Refurb, a tailor-made package to help you get in shape. It includes 23 sessions over six weeks complete with a full physical assessment, personal training sessions and sports massage, as well as nutritional advice.

For further information, visit www.sw1gym.co.uk

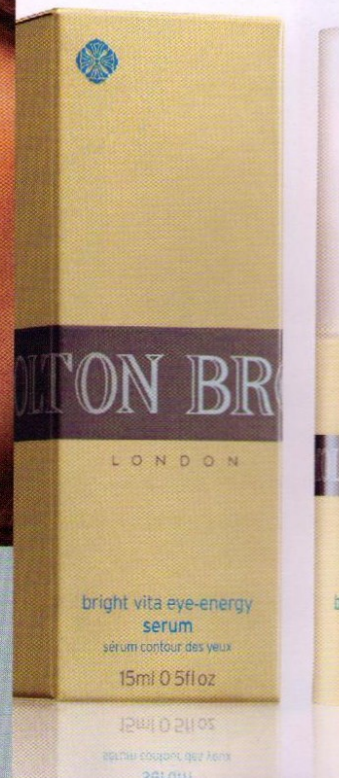
Pop-up beauty

MAKE-UP COMPANY Cosmetics à la carte is moving home temporarily to a pop-up make-up studio at the Third Space gym in Sherwood Street, near Piccadilly, while its Belgravia shop is closed for refurbishment.

On Thursday and Friday evenings during August, from 6pm-9pm, the company will offer "Recharge Makeover" sessions with beauty tips and advice on how to find the perfect colours and skincare.

The makeovers are free to members and non-members with bookings at the medical centre.

Call 020 7622 2318 (quoting membership number or medical centre reference).



Power to the people

THE POWERTONE STUDIO at 13 Maddox Street is launching new power boxing classes, which combine acceleration training and cardio exercises for a full body workout, making it an ideal way to shape up fast.

During the high-impact class, a trained instructor guides participants through a high-energy workout including warm-up, sparring, drills and punching technique, all in just 25 minutes.

Switching between the role of trainer (pad holder) and trainee (boxer), participants perform a series of exercises both on and off the plate to improve core stability and increase stamina.

Call 020 7493 2422 or visit www.powerplate.com



Keep your eyes open for the make-up workshop

ANYA HINDMARCH has teamed up with make-up brand Becca to create the Sultry Eye Workshop with the limited-edition autumn/winter 10 Prairie Moon collection.

Pop-up make-up counters will be stationed in store with each make-up lesson lasting 60 minutes, where you'll learn the latest beauty tips and artist's tricks to perfect your personal autumn beauty style.

By appointment only, the service will be available at the Anya Hindmarch store at 118 New Bond Street on September 28 from 10am-6.30pm.

All make-up lessons are complimentary with no purchase necessary and clients will be provided with a goodie bag following their tutorial.

To book, call 020 7493 1628

Here comes the groom

MOLTON BROWN has launched complete grooming collection for men. Three new products join the range to complete a ten-product offering that takes naturally derived ingredients and combines them with modern science. The back-to-basics range is a three-step regime – wash, shave and moisturise – requires minimum fuss but is designed to deliver results.

Customers can seek expert advice and guidance on how to solve any grooming problems or sample the new range at the Molton Brown store at 227 Regent Street.

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