

WOMEN'S WELLNESS WEEK

MARCH 9-13, 2026

	09/03	10/03	11/03	12/03	13/03
MORNING	8:15AM Women's Weightlifting Workshop	8:15AM Women's Weightlifting Workshop	7:30AM Women's Weightlifting Workshop	8:15AM Women's Weightlifting Workshop	7:45AM Women's Weightlifting Workshop Coffee & Treats with Cate Bakes 9AM LIFT
LUNCH	12:15PM BURN Cyurable Pop-Up; 2-8pm	Libby Stevenson Informational Pop-Up; 11am-1:30pm Libby Stevenson; Menopause Workshop from 12-12:45pm	12:30pm HYROX with Sam Kelli Peter; Nutritional Workshop 12:15-12:45pm	12:15pm STRENGTH 1:15pm 45 minute RIDE	Totty Pharmacy; 11:30am-1:30pm 12pm GLC PHNX Wellness Workshop; The Art of Building Unbreakable Habits & Changing Behaviors 12:15-12:45PM 1pm 30 minute RIDE
EVENING	4:45PM Women's Weightlifting Workshop FitKulture Pop-Up; 4-8pm Sedā Pop-Up; 4-6pm PT Anna Polgar Pop-Up; 4-7pm Zumba with Christina 6:45pm	FitKulture Pop-Up; 4-8pm 5:15pm STRENGTH Sedā Soundbath; 8:00-9:00pm	Fit & Fat Pop-Up; 4:30-8pm 4:45pm Women's Weightlifting Workshop Zumba with Christina 7pm	Cyurable Pop-Up; 2-8pm 4:45pm Women's Weightlifting Workshop Totty Pharmacy; 6-8pm	Available Resources All Week • Ovarian Cancer Awareness Information • Flow Happy; Period Poverty and Training with your Cycle Information • Domestic Violence Support provided by Advance • Women's Only Classes and Weightlifting Workshops

Thank you to our wonderful supporters!

Advance

Our vision is a world where women and girls lead safe, just and equal lives. We achieve this through our mission of delivering systems change and empowering women and children who experience domestic abuse, including those in contact with the criminal justice system, to lead safe, just and equal lives in their communities.

Thank you to Advance for supporting women of our community! Information about how Advance can support those experiencing domestic violence will be available all week. advancecharity.org.uk

Anna Polgar

Anna is one of our resident personal trainers with a wealth of knowledge about the fitness industry, specifically training women. At 47, I've learned that strength feels best when it's balanced. I help women create a sustainable, enjoyable relationship with movement –the kind that supports your energy, confidence, and long-term wellbeing.

Anna will be available to connect with you and answer questions on Monday evening! You can also book a free consultation. 07881109011 kyrafitlife@gmail.com @kyrafitlife

Cate Bakes

Based in Hounslow, West London. Cate Bakes creates handcrafted cakes, cupcakes, and more made from scratch with quality ingredients, designed to make every celebration deliciously memorable.

Cate will be around while supplies last starting at 8am on Friday, March 13th! [@catebakesss](https://www.catebakes.co.uk) [catebakes.co.uk](https://www.catebakes.co.uk)

Member Benefit; Cyurable Mobile Massage Therapy

Members receive 10% off services!

Meet Your Therapist, Alka: I aim to help you unlock your muscle tension, relieve pain from injury or overuse, restore normal range of movement by releasing trigger points and knots - having grown up watching close relatives lose independence from conditions like arthritis, my passion to help others heal was ignited whilst caring for my family members.

Alka will be in club to answer questions and arrange bookings on Monday, March 9th and Thursday, March 12th! cyurable@gmail.com [cyurable.com](https://www.cyurable.com) 07733 243048 @cyurable

Member Benefit; Fit&Fat Supplements

Great selection of high-quality supplements and health products! The staff is knowledgeable and always ready to help with personalized advice. The store is clean, well-organized, and prices are competitive. Perfect place for anyone serious about fitness or wellness.

The Fit&Fat team will be in club on Wednesday, March 11th to answer questions and challenge you! [fitandfat.co.uk](https://www.fitandfat.co.uk) @fitandfat_team

FitKulture

Fit Kulture is a company that truly understands the dedication and sacrifice it takes to be a fighter. We recognize the hardships and challenges that athletes face on their journey to success. That's why we prioritize you, the athlete, above all else. No matter the cost, we believe in putting your needs first.

FitKulture will be doing pop-ups in the evenings on the 9th and 10th! [fitkulturehq.co.uk](https://www.fitkulturehq.co.uk) @fitkulturehq

Flow Happy

From Westminster to Tower Hamlets, we're rewriting the narrative around menstrual health, empowering women and girls with free, accessible period products where they need them most. Alvina's vision is a London where dignity and access are the norm for everyone. Join us as we grow, breaking the silence and stigma of period poverty.

Alvina of Flow Happy has kindly contributed resources around training with your cycle. [happyflow.org](https://www.happyflow.org) @happyflowcic

Kelli Peter

Kelli Peter is a women's strength and wellbeing coach specialising in supporting women at vulnerable and transformative times in their lives - including pre and postnatal, perimenopause and menopause. Through evidence-based training, intelligent nutrition, and a holistic nervous-system-aware approach, she helps women build resilient bodies that support their careers, families and long-term vitality, redefining strength as confidence, capacity, and power in every season of life.

Kelli will be in on Wednesday, March 11th at 12:15pm to provide a nutrition workshop! Book on the app. 07493870200 kellipeter@gmail.com

Libby Stevenson

Libby is a therapeutic wellbeing practitioner and a yoga instructor for women at different stages of life: from pregnancy to postnatal and all the way to the menopause. Her lived experience of navigating each stage without support and knowledge motivated her to empower women physically, mentally and emotionally with yoga, science based information, therapeutic wellbeing and women's circle discussions so that they are better equipped to face the challenges at each stage in a positive and healthier way.

Libby will be hosting a workshop on menopause on Tuesday, March 10th at 12pm with time available before and after for questions. [libbystevensonwellbeing.com](https://www.libbystevensonwellbeing.com) @libbystevenson.wellbeing

PHNX

PHNX supports individuals to solve emotionally focused problems personally and professionally. Becoming more aware and confident to regulate using the PHNX framework avoiding becoming overwhelmed, anxious or burnout through building and practicing resilience and habit changing. Will is the founder of PHNX and one of our in house person trainers!

Will will be providing a talk on Friday, March 13th 'The Art of Building Unbreakable Habits and Changing Behaviors' [phnxeq.com](https://www.phnxeq.com) @phnxeq

Sedā

Tina's approach to sound healing is integrative and holistic, guided by informed practice, hands-on experience, and a deep respect for the nervous system's innate intelligence. Her work creates space to slow down, attune inward, and reconnect with yourself in a way that feels grounded, restorative, and accessible.

Tina will be hosting a Soundbath on Tuesday, March 10th at 8pm. [connect@sedasomatics.com](https://www.connect@sedasomatics.com) www.sedasomatics.com @seda_somatics

Target Ovarian Cancer

At Target Ovarian Cancer, we target what's important to stop ovarian cancer devastating lives. We're the only ovarian cancer charity working across all four nations of the UK. We work with everyone affected by ovarian cancer and health professionals to ensure we target the areas that matter most for them.

Informational resources from Target Ovarian Cancer will be available all week in support of Ovarian Cancer awareness month. [targetovariancancer.org.uk](https://www.targetovariancancer.org.uk)

Totty Pharmacy

Here at PureGym Hammersmith we are lucky to have the support of Totty Pharmacy in club doing blood pressure checks every Thursday from 6-8pm. Any questions relating to blood pressure, this is a great time to check in and gain more information! During Women's Wellness Week, Morgan will also be in on Friday from 11:30am-1:30pm.

Every Thursday from 6-8pm and a bonus visit on Friday, March 13th from 11:30-1:30pm! [tottypharmacy.com](https://www.tottypharmacy.com) @tottypharmacy

Our resident Zumba instructor Christina!

Chrissy is a mummy of 2 little ones and a Zumba instructor for 13 years. Now Mamas if you have little ones, you know how precious ME time is. Join Chrissy on Mondays for your Happy Hour of Zumba! Everyone is welcome!!! Each class is a £4 drop in and the most fun you'll have all week. Give her a call for more information!

Christina will be teaching her regular timeslot at 6:45pm on Monday evening and Wednesday, March 11th at 6:30pm. 07554 428 819 @zumbawithchrissy