



C i t y G r o u p X

A background image showing three people in a gym setting. On the left, a woman with dreadlocks is smiling. In the center, an older man with a beard is laughing. On the right, a man is looking towards the center. The image is partially obscured by a dark overlay and a diagonal yellow line.

CITYGROUP X HEALTH AND FITNESS FOR ALL



ABOUT US

Driven. Passionate. Diverse. CGX is a new, creative approach to group fitness. Our vision is to provide communities with a diverse range of authentic, fun and exhilarating group exercise classes in an inclusive, community-focussed boutique fitness environment. Our customers will always remain the focus of our brand meaning that their wellness is forever our main priority. We want every customer to leave feeling special and fully inclined with our visions and values..

Whether you're wanting to be more productive at work, be happier, be more accomplished, lessen stress, build healthier habits, or even meet more people with the same drive to improve, the CGX brand is centered around you and your goals. Because it's such a huge aspect of our lives, we're driven around improving health and wellbeing being in and out of the workplace, through innovative ways to nurture your body and mind..

We offer a broad range of morning, daytime and evening classes that cater for all. Our state of the art group exercise studio and immersive cycle suite are kitted out with the best equipment on the market, in addition to our talented team of rockstar instructors, ensuring you get the best experience from every class.

We boast the world famous Les Mills Programmes, as well as freestyle classes and a range of boutique indoor boot camps to suit all

THE GREEN ROOM

Refuel & Relax at our Showtime Smoothies Bar in the Green Room Finish Your Session Off by Relaxing and Refuelling in Our Small but Inviting "Showtime Smoothies" Bar We are proud to sell LOVETASTE.COM Award Winning Love Smoothies Take your pick from our range of 100% natural fruit and vegetable smoothies, natural shakes and protein shakes

OUR GOALS

Dedicated to making you feel the very best version of you, our highly qualified trainers, otherwise known as our Rockstar instructors will be on hand to push you to your limits, yet offer invaluable support and guidance.

We carry out the most refreshing and unique range of classes Hull has to offer. Worldwide renowned and hugely popular Les Mills classes such as Body Pump, Sh'bam RPM, Sprint and Virtual Classes. Also HIIT and Boutique Bootcamps, Pilates and much more...

ACHIEVE MORE

NOT JUST A FITNESS CENTRE

Cgx is not only a fitness studio we also offer :

CORPORATE PACKAGES:

CGX offers flexible bespoke corporate packages personally tailored to your company's requirements and needs.

MEETING AND EVENTS SPACE:

CGX offer 2 high end spacious, well equipped studio spaces available to hire 7 days a week.

The studios include lighting, music/sound system, free wifi, projector and screen

Suitable for meetings, seminars, training, education, workshops, fitness, charity events...

CHILDREN'S FITNESS CLASSES AND ACTIVITY CLUBS:

CGX offers fitness classes and activity clubs catering for children of all ages. From fun and games for 5 year olds to bootcamps, dance classes and cycling for teenagers. Parents can also fit in a class whilst the kids are busy have fun.

PARTY PACKAGES:

CGX offer a variety of bespoke party packages to meet your individual needs.

Contact: hello@citygroupx for more information

Tel: 07523 379462

GROUP EXERCISE STUDIO

LES MILLS BODY PUMP

Get lean toned and fit-fast using light to moderate weights with lots of repetition. BODY PUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music

HITT CIRCUITS / BOOTCAMP

The ultimate all-rounder, a carefully structured programme targeted to hit every part of the body with a mix of cardio and strength work delivered by one of our fully qualified "Rockstar" instructors to great music. Every class will be different. Classes will be delivered in different time formats.

FREESTYLE CLASSES

We offer a range of unique freestyle classes including pilates, core extreme, tabata, pound, Legs, Bums & Tums, CGX Combat and more... so there's always a class to suit all levels and abilities.

CGX IN THE COMMUNITY

City Group X provide a range of classes to suit all tastes at Cottingham Sports Centre and Wyke College. Classes include: Les Mills Sh,Bam, Les Mills Body Combat, CGX Tone & Conditioning, Legs, Bums & Tums, Yoga and Fitness Pilates. We also provide Children's fitness and activity classes from 3 years of age, in partnership with Les Mills Born to Move. Visit our web site for classes, times and further information.

IMMERSIVE CYCLE STUDIO

CGX HIIT CYCLE

CGX HIIT Cycle is a 30 minute high intensity interval training (HIIT) workout, using an indoor bike to achieve fast results, it's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits.

CGX SPIN

CGX Spin is a group indoor cycling workout where you control the intensity. With great music pumping and the ground spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

CGX VIRTUAL CLASSES

CGX Virtual Cycling. Hop on a bike and ride with the instructors on the big screen.