

FITNESS

# SRNN

FITNESS

2025





NEW  
WORLDS OF  
WONDER

05 SRRN FITNESS METHODOLOGY

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11 FITNESS

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A SEAMLESS FUSION OF SOPHISTICATED  
DESIGN AND STATE-OF-THE-ART  
EQUIPMENT AWAITS. CURATED  
FOR THE DISCERNING  
ENTHUSIAST

The highly curated cardio and functional gym uses state-of-the-art customised equipment by brands such as Technogym, Woodway and Peloton, to name a few.

The Surrenne Studio is a multi-functional studio which will offer a wide variety of classes. A screen is available in the studio for on-demand virtual classes with virtual trainers in staggering locations including Yin Tibetan Bowl Meditation in a Japanese Garden, Heart Fire Flow yoga in the Agafay desert in Morocco and Broga Body Rehab on a cliff edge in Devon.

A dedicated recovery station includes hypervolt recovery tools and stretch area. Maybourne will open its little black book to provide the very best in visiting personal trainers available to book in

SRNN FOCUSES  
ON CORE STRENGTH AND  
HOLISTIC WELLNESS, RESULTING  
IN PEAK PERFORMANCE AND  
ULTIMATE FITNESS OPTIMISATION



PART

ONE

MEET

OUR EXPERTS





# SIMON INMAN

SURRENNE’S FITNESS DIRECTOR

With 35 years’ experience as an elite fitness consultant and a professional athlete background, Simon brings an innovative approach to wellness as Surrenne’s Fitness Director. Harnessing the body’s natural healing and strengthening abilities, he combines biohacking principles with his fitness training expertise to empower clients, as well as recovering patients, to achieve their goals and enhance overall wellbeing.









HALIL INUSAH

Growing up, Halil enjoyed sports including football, karate, and athletics. This passion led him to help others in their own fitness journeys, through rehabilitation and personal training. Halil believes in building great relationships with clients, helping to create a trusting environment that drives progress; making sessions enjoyable is key to achieving long-term success.



LUIS AZEVEDO

Luis helps people move without discomfort or return to fitness following an injury. He loves helping people take positive steps to achieve a healthier, more active life. Luis can help people achieve fat loss, improve their fitness, muscle tone and strength, and also support in recovery and rehabilitation following a sports injury.





JAVIER URBANO

Javier Urbano is a certified personal trainer as well as a qualified Tracy Anderson trainer, following a career as a professional ballet dancer. Javier’s expertise specialises in precision, endurance and low impact yet highly effective workouts. You can enjoy personalised sessions to help achieve specific health goals, whether the aim is to enhance performance, improve posture or feel stronger.



JOSEPHINE MCGRAIL

Josephine is one of London’s leading energy healers. With over two decades of experience, Josephine offers transformative services that blend ancient wisdom with modern wellness practices. You can experience a range of treatments, including intuitive healing, shamanic healing, wellness coaching and bespoke guided visualisation meditations. Each session is individual, ensuring a truly personalised healing experience.



ALLI JAMES

Alli qualified as a Sports Therapist in 1995, before her Pilates journey began in 2009. She is a certified Comprehensive Pilates Instructor. Alli’s empowering and encouraging style of teaching allows you to enjoy Pilates not just as a form of exercise, but also as a holistic addition to their lifestyle that will enhance their health and wellbeing.





KERRY GEORGIOU

Kerry is a yoga teacher with over five years’ experience, who qualified to teach both mat and Reformer Pilates last year. Her classes are welcoming and accessible to all, focusing on making yoga and Pilates approachable for every body type and ability level. During Kerry’s classes, people can expect to feel both challenged and supported as she seamlessly amalgamates the principles of Pilates and yoga. This combination creates a dynamic Yoga Sculpt practice that enhances core strength and flexibility.



BHAVIN THAKKER

Bhavin is a yoga teacher, experienced in leading yoga sessions, workshops and retreats. His sessions are versatile, energising, and nourishing. Bhavin learned yoga under the mentorship of Himalayan Yogi Bharat Thakur, and has been teaching for 24 years drawing from a diverse range of ancient yogic practices, including powerful meditations, dynamic movements, breathwork and deep relaxation.



SAM BURNARD

Sam’s journey began in the world of classical dance, where he developed a deep understanding of movement and body mechanics. Building on that foundation, he went on to train in Pilates, yoga, EMS, and personal training. With several years of experience as a personal trainer, Sam brings a holistic and informed approach to his work, helping you move better, feel stronger, and reach your fitness goals.



PART

TWO

# STUDIO CLASSES





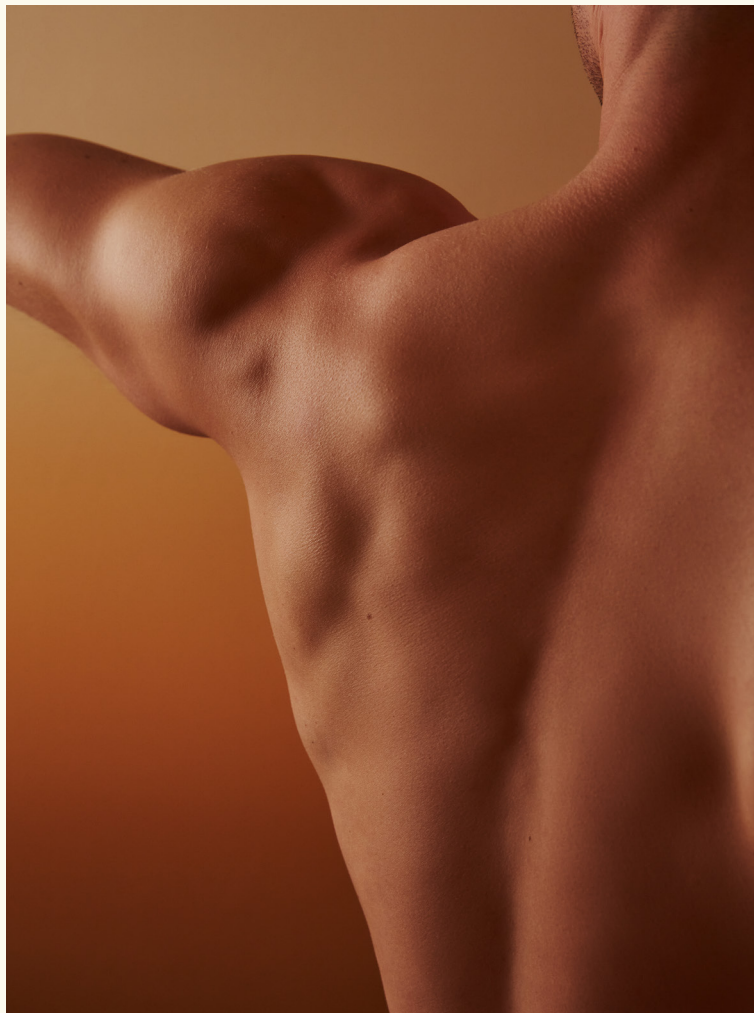
HIIT

Experience our exclusive High-Intensity Interval Training class, it involves short periods of intense exercises using free-weight and body-weight, alternated with recovery periods. Decrease body fat, heart rate and blood pressure. HIIT may also help lower blood sugar and improve insulin sensitivity. Sculpt your body and ignite your metabolism with HIIT Surrenne.



KETTLEBELLS

This strength-training class uses kettlebell weights to build muscle, increase endurance, and improve cardiovascular health. This workout engages multiple muscle groups by incorporating dynamic, functional movements which also improve coordination and strength. This class is the perfect way to build power, increase flexibility, and enhance core stability.



BODY SCULPT

Focusing on building strength, toning muscles, and improving endurance, this class uses a range of specialist equipment which targets all major muscle groups. Devised to enhance both muscular and cardiovascular fitness, it is ideal for people looking to improve body composition, increase strength, and boost metabolism.



TABATA TRAINING

This unique form of HIIT workout aims to yield results in the shortest amount of time. For each exercise, people undertake eight rounds of 20-second sets of strenuous exercise, followed by ten seconds of rest. Perfect for when you need to squeeze in a workout to a busy schedule, this class truly packs a punch when it comes to results.





BARRE

This dynamic and graceful class combines the best of Ballet Barre, Functional movements, Pilates and gymnastics which includes a series of controlled exercises that are designed to strengthen and tone your body.



MAT PILATES

Experience a Mat Pilates flow focused on enhancing mobility and relieving tension throughout the body. Perfect for loosening up joints and easing stiffness and tightening muscles and core.



PRIVATE REFORMER CLASS

With a focus on precise movement, controlled breathing, and working on core muscles at their very deepest level, Reformer Pilates can improve muscle tone, overall strength, body posture, flexibility, and balance. It can also help with pain management and injury rehabilitation.









POWER YOGA

This intense, high-energy class focuses on building strength, flexibility, and mental resilience through continuous movement and breath control. Designed to increase endurance and cardiovascular health while improving posture and core strength, Power Yoga is ideal for people aiming to challenge themselves both physically and mentally.



ROCKET YOGA

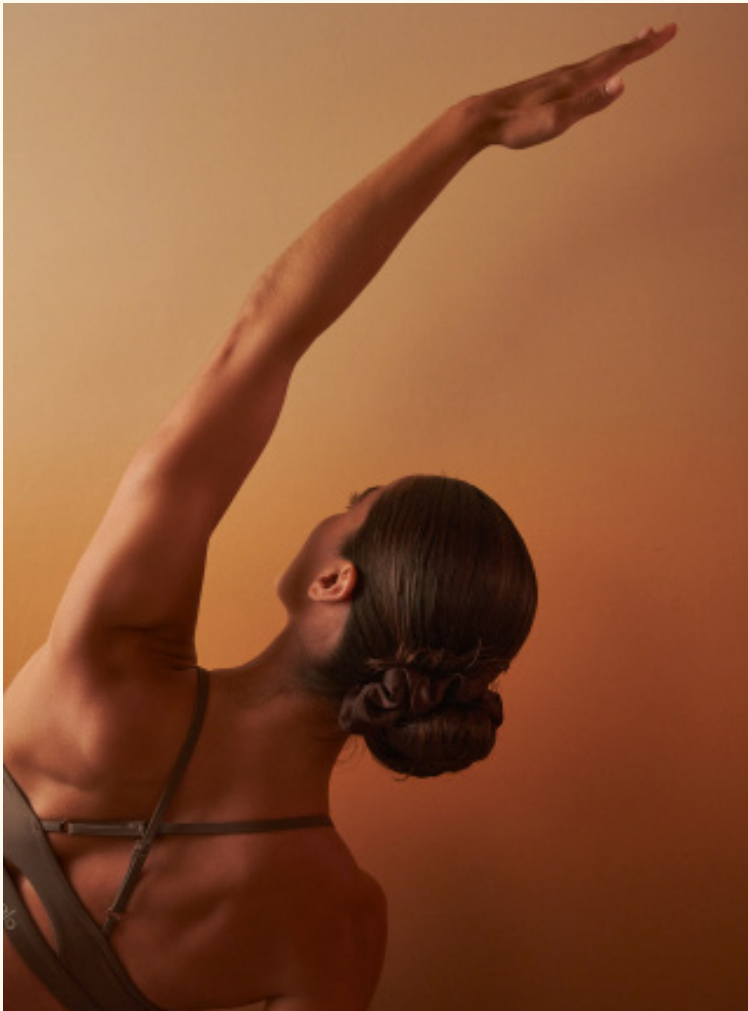
Fast paced and dynamic, Rocket Yoga blends classic Ashtanga with a dynamic form of yoga that includes creative sequencing, inversions, arm balances, and modifications. This energising and uplifting class is challenging, but can also be adapted and enjoyed by people of all experience levels.



PRIVATE YOGA CLASS

Restorative as well as challenging, private yoga classes can empower you take your yoga practice to the next level. People can enjoy an individual programme, which is tailored to your specific needs and goals, with your personal instructor working to plan routines that incorporate the poses you want to perfect.





YIN YOGA

This restorative practice targets deep connective tissues to improve flexibility and promote healing. Poses are held for several minutes to encourage deep release, allowing the body to unwind. This class is ideal for people seeking deep relaxation and balance, or those looking to complement more intense forms of exercise.



ZEN

Exclusively designed for Surrenne, we make use of the deep stretches, breathwork, meditation & a shakti mat to create the ultimate relaxation.



STRETCH & FLEX

This rejuvenating class focuses on improving flexibility and mobility using a combination of stretches, yoga-inspired movements and deep breathing. Stretch and Flex helps release tension and improve joint range of motion and is ideal for people looking to increase flexibility, prevent injury, or simply unwind.





GROUP PERSONAL TRAINING

Group personal training sessions can be enjoyed by three to seven people with similar health goals. Exercises can be adjusted by the trainer to better fit each person’s specific aims. People can enjoy tailored feedback and focused attention from a trainer, but have others around, which can improve motivation and accountability.



PERSONAL TRAINING SESSION

This one-on-one experience is tailored to meet individual fitness goals, whether the focus is on strength, weight loss, flexibility, or injury recovery. After carrying out a fitness level assessment, trainers will create a customised workout plan, enabling them to guide people through each exercise to ensure optimal results.



VINYASA YOGA

This dynamic, fast-paced class is a modern twist on traditional Vinyasa flow, focusing on building strength, flexibility, and endurance. The class incorporates challenging postures and creative sequences, designed to awaken and stretch the body.



ENERGY & INTUITIVE HEALING

In Energy & Intuitive healing, sessions may include yoga nidra (yoga sleep), gentle breath work and soothing restorative yoga poses to promote healthy circulation and detoxification. It is rooted in the transformational practice of neuroscience empowering positive affirmations (which help rewire new connections of your neuro pathways).

ELECTROMYOSTIMULATION  
(EMS TRAINING)

Strength is a vital aspect to longevity and health. And so, a new form of whole body strength training is always welcome. It unites electrical activation of muscle fibres with simple yet targeted bodyweight exercises. While there are no additional weights – making this training gloriously easy on the joints – medically-certified EMS equipment is used under the watchful eye of the trainer. The German-made equipment also helps to alleviate non-specific back pain and resist age-related muscle loss. Embraced by leading biohackers, sports professionals and celebrities across the globe, look to EMS Training when short of time or to amplify existing strength training.

RUN CLUB

Whether you’re training for a marathon, or just starting out, Running Club can support you on your journey to improve form and increase your fitness levels. This motivating and inclusive club can help you achieve that personal best and enjoy yourself along the way.



PART

TWO

# TRACY ANDERSON





# TRACY ANDERSON STUDIO

The UK's first and long-awaited studio from global fitness pioneer Tracy Anderson arrives at Surrenne. An entire floor is dedicated to the Tracy Anderson Studio, offering her revolutionary body sculpting method designed to work every muscle in the body. Take home a selection of her premium natural skincare, sustainable activewear, and bespoke workout tools, available for purchase at Surrenne.







INTERMEDIATE MUSCULAR DESIGN  
(50 MINUTES)

PART. 02

Offering 50 minutes of mat-based work to engage the whole body, this class allows you to use a wide range of apparatus to activate the full spectrum of major and minor accessory muscles. This class will help improve form and enhance performance.

ADVANCED MUSCULAR DESIGN  
(50 MINUTES)

The Advanced class is created for clients who possess a deep understanding of the Tracy Anderson Method and are ready to refine their mastery of its intricate angles, sequencing, and choreography. This is where movement becomes conversation—where your body reveals what it’s truly capable of. Through this elevated practice, you’ll strengthen the mind-body connection that powers sustainable transformation and unlock a new level of physical intelligence.

30-MINUTE CARDIO

This Intermediate-level class is the ideal introduction to the cardio component of the Tracy Anderson Method. Performed on Tracy’s iconic Cardio Fly Super G floor, clients can raise their heart rate and engage the mind, with basic footwork and easy-to learn dance steps.



30-MIN BAND CARDIO

Using Tracy’s patented Iso-Kinetic band system, this calorie-burning class is ideal for people who are looking for an alternative to dance. Band cardio is known for its ability to soften impact and minimise bounce, whilst also strengthening the upper body and improving balance.

MULTITASK BAND (50 MINUTES)

Designed to allow members to work the full Method into an efficient 50-minute window, this class encompasses 25 minutes of muscular structure sequences, with 25 minutes of high-intensity agility movements. This workout uses the whole body to sculpt, engage and ultimately design muscles that work together in harmony.

HEARTSTONE (30 MINUTES)

Using custom weighted energy trainers, Heartstone is Tracy Anderson’s meditative movement programme. The practice combines energy work, sound healing and movement meditation. It is a slow practice which aims to help you optimise performance as well as working hard-to-reach areas in the arms, core and spine.



MYMODE (50 MINUTES)

MYMODE is the ultimate eco-conscious program and apparatus that engages the body across more planes of motion for next-level results. After years of evolving the choreography on the mat, Tracy created MYMODE to explore new dimensions of movement. She took all the physical intelligence from her mat choreography, and expanded it in every direction with an apparatus designed specifically for multidirectional movement.

PRIVATE TRAINING (60 MINUTES)

Prior to your first private training session, a customised workout program is designed by the Tracy Anderson Prescription Team to support your body and meet your physical goals. Members of The Prescription Team have diligently studied under Tracy’s guidance for upwards of a decade, making it the only team in the industry with knowledge to prescribe Tracy Anderson Method content for individual needs. Your customised workout program will allow you to achieve best results in your private training sessions.



PART

THREE

# RECOVERY



PRIVATE RECOVERY  
LOUNGE CIRCUIT

(60 MINUTES)

The Private Recovery Lounge Circuit combines three advanced therapies: compression therapy, hydrogen inhalation, and an infra-red and red-light therapy sauna. This holistic treatment aims to optimise recovery, enhance wellbeing, and improve physical performance.

EMSCULPT NEO

(30 MINUTES)

Harness the power of radio frequency and high-intensity electromagnetic technology with the latest innovation in non-invasive body sculpting. This treatment enhances muscle definition, reduces fat cells and refines body contours by synchronously triggering intense muscle contractions and fat reduction. While lying comfortably, applicators are placed on the target areas and rhythmic pulses cause the muscles to contract. The sensation is warm and felt deep within the body. Fat cells begin to break down and the muscle fibres build up. A 30-minute session mimics an astonishing 20,000 squats or crunches. Time is precious but yields to any desire. Depending on the journey, multiple sessions may be recommended for optimal results – normally spaced a few days apart.

HYDROGEN INHALATION  
THERAPY

(30 MINUTES)

Hydrogen Inhalation Therapy, delivered effortlessly as you lie on your back. This innovative wellness add-on introduces molecular hydrogen - a powerful antioxidant - and is designed to reduce inflammation, combat oxidative stress, and support cellular recovery. By improving mitochondrial function, this therapy can help boost energy levels, reduce fatigue, and enhance mental clarity, leaving you feeling deeply restored.



HYPERBARIC THERAPY

(30 MINUTES)

Step into a pressurised environment where pure oxygen is delivered deep into your tissues—enhancing cellular repair, reducing inflammation, and accelerating recovery. Ideal for improving energy, boosting cognitive clarity, supporting immune function, and promoting overall vitality.

RED LIGHT PANEL

(30 MINUTES)

This advanced light therapy uses clinically proven wavelengths to stimulate mitochondrial function, reduce inflammation, and accelerate tissue repair. Easily integrated into other treatments, it enhances recovery, improves skin health, and supports long-term cellular resilience.

COMPRESSION  
THERAPY

(30 MINUTES)

Recovery Compression Boots, applied for 30 minutes. These boots use dynamic air compression to boost circulation and reduce muscle aches following exercise, and their pulsing massage pattern helps to accelerate the body’s natural recovery process. This energising ritual targets specific muscle groups for optimal relief, making it ideal for enhancing performance, reducing fatigue, and supporting total body recovery.



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