



Exciting new outdoor facilities and collaboration for Goodwood Health Club

In May, two exciting new projects will come to fruition at the Goodwood Health Club; a collaboration with leading nutritionist and naturopath Rosemary Ferguson and the creation of a bespoke outdoor fitness studio.

The Garden Studio will provide a secluded and tranquil setting for classes such as Yoga, Pilates and meditation, as well as providing a covered location for personal training and health coaching sessions. The addition of the Garden Studio will also increase the Health Club's capacity for holding classes.

London-based model and nutritionist Rosemary Ferguson will be at Goodwood from Tuesday 8 May to offer her popular 'Fresh by Friday' programme. Rosemary and her chef will provide all the meals, drinks and supplements needed for five days, to leave you bright, energetic and glowing. Among those who have praised the transformative power of Rosemary's eating plans are Kate Moss, Sadie Frost and Sunday Times columnist Kate Spicer.

Rosemary herself will be on hand throughout the week to offer information, advice and to join participants for daily Yoga classes in the outdoor studio.

Health Club manager Jen Evans-Brewer is looking forward to showing off the new facility. She said; "This second fitness studio will allow us to offer another 22 classes per week, something that we hope our members will appreciate very much. The fact that they will take place in such a beautiful, outdoor area will add a new element to each class, one that fits well with our seasonal approach to wellbeing.

"I'm also really excited about our project with Rosemary Ferguson. We know that what we eat makes a huge difference to how we feel, and Rosemary and her chef will spend a week at Goodwood, giving people the chance to take part in her Five Day Plan. We are passionate about holistic health and this is a great way to reboot and revitalise."

To find out more about joining the Goodwood Health Club and to sign up for Rosemary's Five Day Plan, visit Goodwood.com or call the Health Club on 01243 520114.

ENDS

About Goodwood Health Club:

Located in The Goodwood Hotel, The Goodwood Health Club is more than just a gym. With a comprehensive programme of fitness classes, state-of-the-art equipment and a team of personal trainers, Members can be sure of achieving their fitness goals. For some, it may be more about the swimming pool, Jacuzzi, sauna and steam rooms, as well as The Waterbeach treatment rooms and wide array of Membership benefits.

Media enquiries:

Sam Hanson

Tel: 01243 755000

Email: sam.hanson@goodwood.com

Goodwood Health Club on social media:

Facebook: www.facebook.com/TheGoodwoodHealthClub

Twitter: www.twitter.com/goodwoodHC

Instagram: https://instagram.com/goodwood_healthclub