

emberhouse



move . recover . gather

Founding Membership

NOVEMBER 2026

PORTLAND ROAD ■ HOVE



WELCOME HOME

Welcome Home.

We believe wellbeing isn't something you squeeze into life. It should become part of your everyday rhythm.

A morning workout before work.

Coffee after yoga.

A quiet sauna after a stressful day.

Cold water that clears your mind.

Conversations that weren't planned.

Small moments that become habits.

Ember House was created to bring these things together under one roof - somewhere you'll genuinely want to spend time.

MOVE ■ RECOVER ■ GATHER

Built for everyday rhythm.

Everything Ember House offers, in three parts.



MOVE

Small Group Personal Training
Open Gym
Yoga & Movement



RECOVER

Finnish-style Sauna
Cold Plunge
Recovery Space



GATHER

Proper Coffee
Nutritious Food
A place to meet, work and spend time

Everything you need to move, recover and connect - **under one roof.**

Everything under one roof.

Four spaces, each doing one job properly.



STRENGTH ■ CONDITIONING ■ CARDIO

Training Studio

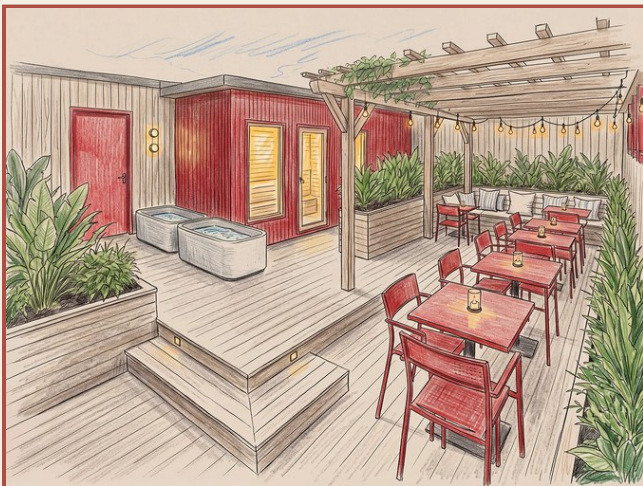
Purpose-built for training. Small-group coaching, open gym and quality equipment. Never overcrowded.



YOGA ■ MOBILITY ■ BREATH

Movement Studio

A dedicated space to slow down, move better and build strength, mobility and longevity.



HEAT ■ COLD ■ STILLNESS

Sauna Garden

Finnish-style sauna, cold plunge and space to slow down and reset.



COFFEE ■ FOOD ■ COMPANY

Café

Proper coffee, nutritious food and comfortable seating.
A place to stay, not rush away from.

Founding Membership.

FOUNDING MEMBERSHIP

£189 / month

Founder price locked in.

Full Membership

£229 / month

Join The Waitlist for First Access

YOUR MEMBERSHIP INCLUDES

- ✓ 12 small group personal training sessions every month
- ✓ Unlimited open gym
- ✓ 12 yoga & movement classes every month
- ✓ 12 sauna & recovery sessions every month
- ✓ 10% discount on café food & drink
- ✓ Founding Member events
- ✓ Priority booking
- ✓ Early access to workshops & events

ONLY

50

FOUNDING
MEMBERSHIPS

And a maximum of 100 Full Members in total.

The aim isn't to become the biggest gym or wellness club in Hove. It's to create somewhere there is space to train, classes stay small, and people know each other by name.



WHY FOUNDING?

More than an early membership.

Founding Members will be the first community at Ember House.

THE FIRST COMMUNITY

The first workouts.
The first yoga classes.
The first sauna sessions.
The first coffees after training.
The first conversations.

MEMBERSHIP WITH INTENTION

Small classes.
Thoughtful programming.
Space to breathe.
Recovery built into your routine.
People who know your name.

We're deliberately keeping membership limited so Ember House can continue to feel like the place we set out to create.

You'll help shape the culture of Ember House from day one - while securing our **lowest Full Membership rate.**

Welcoming. ■ Personal. ■ **Never overcrowded.**

MEET THE FOUNDERS

Rich & Jen.

Ember House began with a simple question:
what if there was somewhere we genuinely
wanted to spend time every day?

We've both experienced the difference that movement, recovery and meaningful human connection can make to everyday life. But we kept wishing there was somewhere that brought those things together naturally - welcoming and considered, without feeling intimidating or transactional.

So we decided to create it.

We've designed Ember House around the kind of place we'd want for ourselves, our family and our friends. Somewhere you can train, slow down, have a coffee, meet people and build healthy habits.

We're not trying to build the biggest wellness club - we want somewhere people genuinely look forward to visiting. Our Founding Members will be a huge part of making that happen.

We can't wait to welcome you.

Rich & Jen
FOUNDERS, EMBER HOUSE

emberhouse

Your everyday rhythm
starts here.

50

FOUNDING
MEMBERSHIPS

£189

PER MONTH
FOUNDING RATE

100

FULL MEMBERS
MAXIMUM

Join The Waitlist for First Access →



ember-house.co.uk

move . recover . gather