

emberhouse



move . recover . gather

Full 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

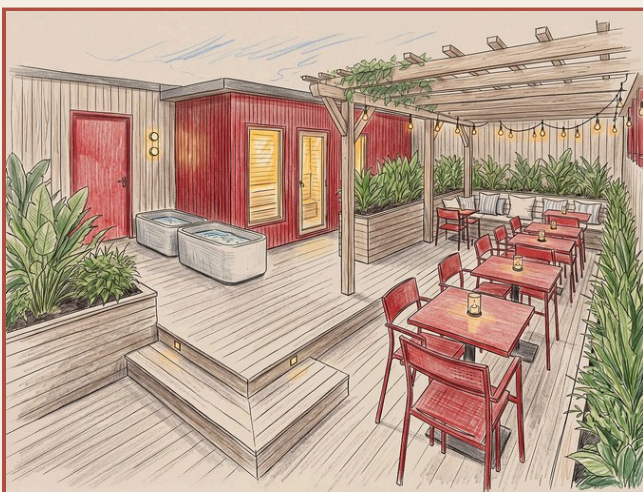
Purpose-built for training. Small-group coaching, open gym and quality equipment. Never overcrowded.



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 + Community

Proper coffee, nutritious food and comfortable seating, plus a changing programme of events, workshops and conversations.

A place to stay, not rush away from.

Training + Movement.



MOVE

Strength training, properly coached.

Our Small Group Personal Training sessions are built around strength – learning the key movements, getting stronger over time and training in a way that feels sustainable.

Sessions are coached in small groups, with exercises and loads adapted to the individual. You'll train alongside other people, but you won't necessarily be doing exactly the same thing.

There'll be conditioning too, but we're not interested in making every session as hard as possible. The aim is simpler: good training, done consistently.

HOW IT WORKS

Your training follows a structured programme rather than a collection of random workouts.

We'll help you understand the movements, choose appropriate weights and progress over time.

You don't need to arrive knowing what you're doing. That's what the coaching is for.

OPEN GYM

Full Members can also use the Training Studio outside coached sessions.

Come in to practise something, add some easy movement, or simply train independently when it suits you.



MOVEMENT

Space to move differently.

Yoga, Pilates and movement classes in a calm, light-filled studio.

Some sessions will challenge you. Others will slow things down.

The programme will include different teachers, styles and approaches – giving you space to move, breathe and spend some time away from everything else.

THE PROGRAMME

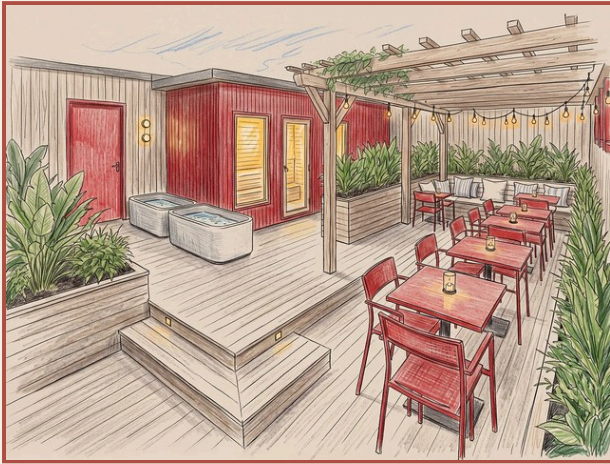
Expect a changing weekly timetable of yoga, Pilates and movement.

You don't need to fit a particular mould or have years of experience. Classes will range in pace and intensity, with clear guidance on what to expect before you book.

Come as you are.

Mats and equipment will be here. Just bring something comfortable to move in.

Recover + Gather.



RECOVER

Heat. Cold. Repeat.

Our Sauna Garden is a simple place to slow down.

An electric sauna, two cold plunge baths, outdoor showers and space to sit between rounds.

Come alone. Come with someone. Stay quiet. Have a conversation.

There's no prescribed way to do it.

HOW A SESSION WORKS

Arrive. Change. Heat. Cold. Repeat.

Sessions are 30 minutes with up to 10 people sharing the Sauna Garden.

Changing facilities and showers are available.

Don't worry about knowing the "right" way to sauna. We'll show you around when you arrive and explain how everything works.

Then take it at your own pace.



GATHER

A reason to stay.

Coffee, food and somewhere comfortable to spend a little time.

Come in after training, meet someone for coffee, bring your laptop for an hour or simply drop in because you're passing.

FOOD + DRINK

Good coffee. Simple food. Smoothies and shakes.

Things we genuinely want to eat and drink ourselves – whether you've just trained or haven't trained at all.

COMMUNITY

Ember House will also host a changing programme of events, workshops and conversations.

Some will be about movement, training or recovery. Others won't.

The programme will grow with the people who use the space.

Come for coffee. Stay for a while.

Full Membership.

FULL MEMBERSHIP

£229 / month

The complete Ember House experience.

Join Full Membership →

YOUR MEMBERSHIP INCLUDES

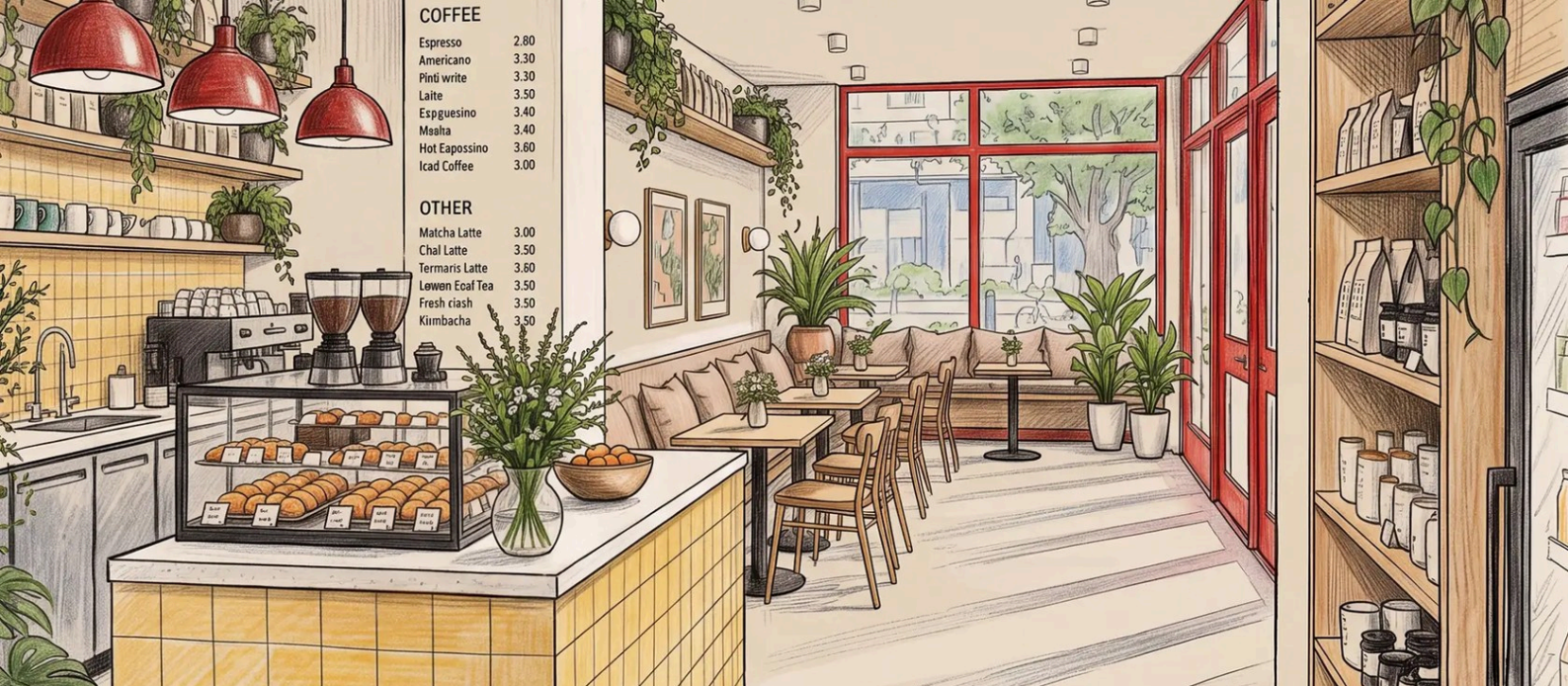
- ✓ 12 Small Group Personal Training sessions every month
- ✓ Unlimited Open Gym
- ✓ 12 Yoga & Movement classes every month
- ✓ 12 Sauna & Recovery sessions every month
- ✓ 10% discount on café food & drink
- ✓ Priority booking
- ✓ Early access to workshops & events

100

FULL MEMBERS
MAXIMUM

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.



FULL MEMBERSHIP

Built around real life.

Full Membership brings movement, training and recovery together – so looking after yourself can become part of your everyday routine.

MOVE

Structured coaching.

Thoughtful programming.

Space to train independently.

Movement that complements your training.

Coaches who know your name.

RECOVER

Heat and cold.

Space to breathe.

Time to slow down.

Recovery built into your routine.

Take it at your own pace.

However you use Ember House, the idea is simple: **make looking after yourself part of your everyday rhythm.**

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. We want Ember House to be shaped by the people who use it, and to become a genuine part of their everyday lives.

We can't wait to welcome you.

Rich & Jen
FOUNDERS, EMBER HOUSE

emberhouse

Your everyday rhythm starts here.

12

SGPT SESSIONS
EVERY MONTH

12

MOVEMENT CLASSES
EVERY MONTH

12

RECOVERY SESSIONS
EVERY MONTH

£229 / month

FULL MEMBERSHIP

Join Ember House →



ember-house.co.uk

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