

Site Visit to the Circle Brighton

By Michelle Collier-Self, Business Support Manager, Active Sussex



After just returning from a week away in the Norfolk Broads, my wife and I dropped in on the inaugural open day – kicking off at 10am on Saturday 17 September 2016.

On arrival, Jacci and I were greeted by Chief Executive, Fash Ghiaci and invited to tour the various parts of the building. The changing areas were really luxurious, with modern showers, a spacious reception, top quality studios, 24-hour café, bar and restaurant. We then attended a talk by Trevor Gunn – author of the Science of Health & Healing.

We went on to enjoy live music from The Soultastics, watched a dance display by youngsters from Let's Dance Studio and viewed taster sessions including Spin, Body Pump and Boogie Bounce. Discounted blood tests were provided by LiveSmart, reduced DNA tests by Fitness Genes and free osteopathy assessments were also on offer until 2pm.

The facilities focus is on developing a community health programme, designed to tackle a number of issues & challenges faced in modern society - including bullying, obesity, lack of confidence, motivation and self-discipline; poor health and fitness, depression and a desire to go to the local pub instead of the local gym!

The venue provides a wide range of activities which engage with the public on all 3 levels of mind, body and nutrition and Active Circle draw on these areas to attract, convert and maintain new members (plus help them to change their habits). Some of these are deeply programmed, passed down from the previous generation, so positive and decisive action is required to create a shift.

There was a real buzz around the place, with refreshments available both in and outside. The day was very much about fun, fitness and food. The facility construction and services obtainable are 'work in progress', with a third of the development still being built. The place has amazing potential and has already been described as the best thing to ever happen to South Portslade.

Their passion is to deliver effective and pleasurable fitness classes and courses that everyone can take part in. They constantly look at new trends and opportunities to provide attendees with motivating ways to become and stay active, healthy and in great shape. They offer the best branded classes in the business, as well as a great range of freestyle options with their experienced team of instructors.

Membership starts at just £24.99 per month, with over 80 'no contract' fitness classes available per week. For more information on the Circle Brighton, please visit www.thecirclestudios.com or facebook.com/thecirclestudios