



THE RETREAT AT THE LONDONER INTRODUCES NEW YEAR BEST-IN-CLASS SIX-WEEK FITNESS & WELLNESS CHALLENGE

Kickstart the New Year with some of the industries renowned experts and personal trainers



Thursday 15 December 2022 - [The Londoner](#) hotel in the heart of Leicester Square, London, has announced a new six-week fitness challenge exclusive to [The Retreat](#) – its fitness and wellness centre - from Monday 9th January.

This powerful one-of-a-kind program will help individuals develop a consistent and sustainable wellness goal, which they can maintain forever. Each guest will be assigned their own personal trainer who will provide a consultation upon sign up, before tackling an exceptional mind, body & soul challenge that will finish with the best possible results, whatever that may be.

Each trainer will provide twelve 1-hour sessions across the six weeks, each targeted to individual goals and needs. The challenge finishes with a 60-minute deep tissue massage in the final week with the added benefit of having access to The Retreat's wide range of amenities, designed to improve all functions of the body and mind. Complementing this, Refuel, the food and beverage bar designed to refresh, recharge and rejuvenate will also provide two protein smoothies per session to be taken as a pre-and post-workout treat.

The Retreat works with best-in-class personal trainers who successfully train a wide variety of clients including musicians, actors, fashion designers, sportsmen, and heads of industry. Introducing the personal trainers who will be running the challenge below:

Stuart Balkham – not one to shy away from a challenge, Stuart has completed multiple endurance races including the Devizes to Westminster International Canoe Marathon. Whilst Stuart specialises in fat loss and muscle maintenance, his interests also lie in pre-and post-natal training, helping clients to prepare their bodies for labour and aiding them in their recovery.

Ben Kilner – Having spent 15 years treating and training people from the general public to corporate executives, professional sportsmen, and high-profile actors and musicians, he has also worked with

GBR athletes and conditioned many clients through tough endurance challenges. Ben's specialist interest is in injury prevention and functional training for office workers looking to improve their fitness.

Amille Glegg – an elite personal trainer with over a decade of experience training high-profile clients across the world. Amille is passionate about helping people achieve and exceed their fitness goals and enjoy a healthier lifestyle through improved physical health.

Matthew Galea-Naudi - Matthew's ideology on training integrates the benefits of programming nutrition, resistance training, posture correction, high-intensity interval training, and core stability for his client's goals and overall fitness. Within his training, he studied the concept of structural balance, an evaluation system that looks at strength ratios between muscle groups to ensure optimal performance and injury prevention.

No pain, no gain!

****Ends****

Notes To Editors:

The Retreat Six-Week Challenge:

Price: £1,300 which includes:

- 6 weeks access to use all facilities from 6am-10pm, Monday-Friday
- 1 x consultation – to be booked when signed up
- 12 x PT sessions – 2 per week
- 2 x smoothies with added protein after every booked training session
- 1 x 60min deep tissue massage in the last/second week of the challenge

To book please email retreat@thelondoner.com or call +44 207 451 0166

The Londoner, 38 Leicester Square, London, WC2H 7DX, United Kingdom

Instagram: [@thelondoner](https://www.instagram.com/thelondoner)

PRESS CONTACT DETAILS

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Edwardian Hotels London:

Edwardian Hotels London is one of the UK's largest privately owned hotel groups, which has been operating and developing its hospitality portfolio, including upscale five- and four-star luxury hotels, since Jasmin Singh OBE began his career within the hospitality industry in 1977; forming the beginnings of what would become Edwardian Hotels London.

[The Londoner](#), Edwardian Hotels London's latest opening, is the world's first super boutique hotel in London's Leicester Square and incorporates 350 bedrooms and suites, six concept eateries and bars, The Residence, The Retreat, private screening rooms, seven inspiring meeting spaces and a stunning ballroom for 850 guests. It is a member of Preferred Hotels & Resorts' prestigious Legend Collection.

Edwardian Hotels London also owns and operates [The May Fair](#), [The Edwardian Manchester](#), both part of premium lifestyle brand Radisson Collection, 10 Radisson Blu Edwardian hotels across London and a range of luxury restaurant and bar brands, including the award-winning Kitchen concept restaurants; May Fair Kitchen, Bloomsbury Street Kitchen, Peter Street Kitchen, Leicester Square Kitchen, Monmouth Kitchen and May Fair Bar, as well as Steak & Lobster and Scoff & Banter.