



THE LIGHTHOUSE

LONDON'S NEW CREATIVE
WELLNESS CLUB



GET SOME PERSPECTIVE



THE CREATIVE INDUSTRY IS NOTORIOUSLY INTENSE. LONG HOURS, HARD DEADLINES AND HIGH PRESSURE OFTEN LEAVE NO TIME FOR STABILITY AND ROUTINE. THE LIGHTHOUSE OFFERS A SAFE REFUGE FROM THE CHOPPY WATERS OF CITY LIFE.

THIS IS THE PLACE WHERE YOU CAN GET SOME PERSPECTIVE AND LOOK AT LIFE THROUGH A DIFFERENT LENS. MEMBERS ARE ENCOURAGED TO FIND A NATURAL FLOW THAT WORKS WITH THEIR NEEDS TO ACHIEVE A HEALTHY SENSE OF BALANCE AND CLARITY.





OUR STORY SO FAR

WE ARE ALREADY THE CHOSEN TRAINERS OF LONDONS ELITE CREATIVES

George Ashwell, Josh Betteridge and David Hastie met as students at university. Over the last 10 years, they have firmly established themselves as the leading health & fitness experts to London's creative community.

Their first company 'Before The Lights' began as a B2B service, providing training and physical therapy directly to film companies.

This then grew into a small personal training studio which has become the favoured training

destination for London's actors, musicians and creative directors.

Boosted by the addition of Georgia Canavan and Josh Lewis, David, George and Josh have built an impressive community of loyal clients whilst beginning to collaborate with several international brands.



GEORGE ASHWELL



JOSH BETTERIDGE



DAVID HASTIE



JOSH LEWIS



GEORGIA CANAVAN





SERVICES & BENIFITS

THE LIGHTHOUSE OFFERS A SAFE HAVEN FOR MEMBERS OF THE CREATIVE FIELDS TO TRAIN, WORK, RELAX & RECOVER

○ MEET & WORK

- A:** Lounge area that doubles as a screening room available for private functions
- B:** Kitchen stocked with healthy breakfasts and lunches from local cafés [JUICES, SHAKES & COFFEE AVAILABLE]
- C:** Recording studio & ADR booth run by Fiction Studios
- D:** Meeting / Writing room available to book
- E:** Large co-working table with library wall
- F:** Private outdoor terrace

● WELLNESS

- G:** Two infrared saunas
- H:** Two ice baths
- I:** Private treatment room with curated list of specialist practitioners
- J:** Luxury changing facilities

● TRAINING

- K:** Large open gym studio with free classes for members run by expert trainers
- L:** Private pilates studio
- M:** Three personal training studios

THE LIGHTHOUSE TEAM WILL RUN REGULAR COMMUNITY EVENTS THROUGHOUT THE YEAR.





TESTIMONIALS



NICHOLAS HOULT
ACTOR

“HAVING A SPACE IN CENTRAL LONDON THAT I CAN: TRAIN, TAKE MEETINGS, KILL TIME AND RELAX MAKES THE LIGHTHOUSE CLUB A GAME CHANGER”



SAM H FREEMAN
WRITER/DIRECTOR

“AS A WRITER AND DIRECTOR I FIND IT REALLY EASY TO SLIP INTO UNHEALTHY HABITS WHILST WORKING. BEING A LIGHTHOUSE CLUB MEMBERS HAS SHOWN ME HOW CREATIVITY AND HEALTH REALLY DO GO HAND IN HAND”



JACOB ANDERSON
ACTOR/MUSICIAN

“OTHER MEMBERS CLUBS ARE FOR PEOPLE TO GO TO BE SEEN OR TO SEE OTHERS, THE LIGHTHOUSE CLUB IS A PLACE TO JUST BE”



JULIE HARKIN
CASTING DIRECTOR

“THE THING I LOVE MOST ABOUT BEING A LIGHTHOUSE CLUB MEMBER IS HOW CHILLED AND UNPRETENTIOUS THE ENVIRONMENT IS. THE PEOPLE ARE GENUINE AND THIS MAKES FOR A REALLY LOVELY COMMUNITY WHICH IS RARE IN THIS INDUSTRY”



BECOME A
MEMBER