

A B O U T T I M E .



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ABOUT TIME: YOU JOINED THE GYM IN A SYNAGOGUE



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The library in Mating Hill, is a haven of tranquility – nestled between the busy streets of Crossville Road and Kalfordia Drive is a white washed converted synagogue turned gym, complete with beautifully simple stained glass windows, that looks like it's been plucked out of a Greek island postcard. It's calling you, you near the building and a feeling of serenity greets you. The interior is clearly old school with beautifully bound books and a delightfully high ceiling. But this is no ordinary library. This is a private members library which is actually a gym, a private members library where you're not reading, you're training.





The Gym: About

Based around intense 15 minute (yes, you read it right - 15 minutes ONLY!) training sessions and a specific zero sugar, high fat and protein diet, The Library aims to reduce your fat and increase muscle mass. In their intense 13 day starter course, you can lose up to 7.5lbs



Along side their signature 15 minute programs, there are a selection of cardio classes for the members to enjoy too. There is Yoga, Pilates or boxing, as well as continual one off sessions that can be anything from ballroom dancing to fencing with GB Olympic hopefuls. You can also attend cooking classes which show you how to create delicious dishes which ingredients that follow their nutritional guidelines. Or, if you just fancy a bit of down time, there are plenty of places to just sit back and relax.



The Gym: Consultation

I met with the founder Zana Morris last week and together we discussed my current diet and what I would like to achieve over my 12 day course. Her over 20 years of experience is evident when discussing nutrition vs dieting and here wealth of knowledge is extraordinary. You're given an incredibly personal service here as they understand that every individual has different needs and goals when it comes to fitness and losing weight = some just want to shake those pounds, others want to tone, or maybe you are very keen to gain muscle definition in specific areas. What ever it is you want to achieve, your initial consultation will go through how this will be possible, and you are given realistic advice on what is achievable.

On Thursday I begin my 12 day regime. You will find all my thoughts and the facts up here on **About Time** once the 12 days are complete; if you fancy daily updates (and to regularly see me sweat as Zana puts me through my paces!) follow me on twitter @lifestyloloving.