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Arlington Update

October 2026

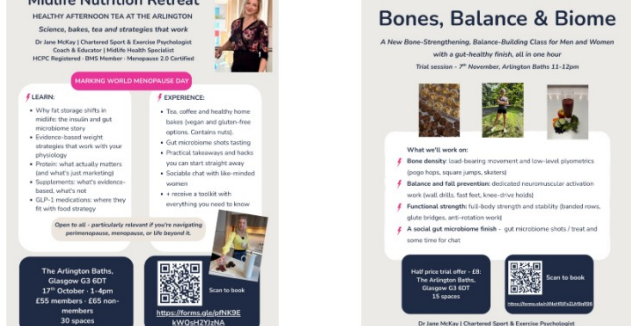
Events

Midlife Nutrition Retreat

Join Dr Jane McKay on 17th October for a nutrition retreat marking World Menopause Day. Explore the science behind nutrition and menopause, discover practical strategies to support your wellbeing, and enjoy healthy home baking along the way.

Jane will also be trialling a new class – Bones, Balance & Biome on 7th November. See flyers and this short video for more details.

<https://youtube.com/shorts/hccwk0co74F?feature=share>



A Positive Pilates

Join Angela Gascoine of **A Positive Pilates** for her Wednesday classes at the Club, from **1–2pm or 6:45–7:45pm**. Suitable for all levels, these low-impact sessions help improve posture, strength, flexibility and balance while offering time to unwind and reconnect with your body. Classes cost **£9**, or **£45 for six sessions**. To enquire or book, contact Angela at apositivepilates@gmail.com or on **07776 214 153**



Wonderful Wednesday Pilates Classes

at The Arlington Baths Club

13:00 - 14:00 and 18:45 - 19:45
Exhale from your every day - inhale to connect with your mind and body

Drop-in class
£9.00



Class Pass
(buy 5 get 1 free)
£45.00

Low impact exercises, suitable for all levels, to improve:

- + Posture / alignment
- + Mobility / flexibility
- + Muscle strength / tone
- + Balance / confidence

Other classes available:

On Zoom (£5.00):
Fabulous Thursdays (08:00)
Sensational Saturdays (10:00)
Magnificent Mondays (13:30)

In-person (£9.00)
Terrific Tuesdays (17:45)
The Western Baths Club

For enquiries / bookings please contact

Angela Gascoine
07776 214 153
apositivepilates@gmail.com

Aquafit

Our first three AquaFit sessions have now taken place, with great feedback from members who have enjoyed getting active in the water.

Join us **every Thursday at 10am** for a fun, low-impact, 45-minute workout. Using the water's natural resistance, AquaFit helps build strength, improve cardiovascular fitness and get you moving—all in a friendly, supportive atmosphere. Exercises can be adapted to suit all abilities, so you don't need to be a fitness regular to take part.

We'd love to see more members joining us. To keep AquaFit running in the longer term, we need to increase participant numbers. If you've been curious about the class, now is a great time to give it a try!

£8 per session - pay at reception on arrival.

Ermana Glow & Flow Workshops



Ermana Natural Skincare returns to the Club on **Saturday 31st October** and **Saturday 28th November** for two more Glow & Flow workshops.

Running from 2–5pm, each workshop includes:

- A natural skincare facial workshop with Ermana Natural Skincare
- A simple three-step skincare ritual using nutrient-rich plant oils
- Guided facial massage techniques to boost circulation, release tension and support glowing skin
- Relaxing yoga designed to calm the nervous system, improve mobility and leave you feeling refreshed
- Time to connect with like-minded people in the Club's beautiful surroundings

Places are limited, and previous events have sold out, so early **booking** is recommended.

Glasgow Soundbath

Glasgow Soundbath returns to the Reading Room each month, from 2pm till 3:30pm, for a 90-minute afternoon soundbath of deep rest and resonance. You'll be immersed in live acoustic sound from gongs, crystal bowls, chimes and bells. No experience is needed: you simply lie down, or sit in a chair if you prefer, and listen. Please bring a mat and a blanket if you have them; a limited number of spares are available.

Doors close at 2:05pm and late entry isn't possible, so please arrive in good time.

Sliding scale tickets at £20 / £25 / £30. Every ticket gives the same experience, so choose the price that feels right for you.

Upcoming dates - book via Eventbrite:

18th October: <https://www.eventbrite.co.uk/e/1987052306940>

15th November: <https://www.eventbrite.co.uk/e/1986331235195>

20th December: <https://www.eventbrite.co.uk/e/1986771960416>



Film Group



Prepare for a night of spooky cinematic magic at our upcoming community film screening of Tim Burton's 1999 gothic horror masterpiece, Sleepy Hollow.

Join us as we follow eccentric New York constable Ichabod Crane (Johnny Depp) into a fog-drenched town plagued by a terrifying, decapitating Phantom.

With rich atmospheric visuals, unforgettable performances, and plenty of eerie autumn charm, it is the perfect film to enjoy together on the big screen.

Bring your friends, grab some popcorn and ice cream, and settle in for a hauntingly good evening!

Running time: 105 minutes

BBFC Cert: 15

Saturday 31st October - 6pm

Tickets on [Eventbrite](#) - £5

Floating Soundbath

Our first Floating Soundbath proved extremely popular, offering a unique way to relax and unwind in the pool. Following the success of the session and strong demand, we hope to welcome it back in 2027. Stay tuned for more details soon!



Bike Group

Cycle Ride

Join us for a leisurely cycle ride for members and friends from the Baths and back.

This month's ride is on Sunday 25th October, meeting 10am at the club. Come along and see how the city fits together when you're on a bike.

Details of all our previous rides are available on the Arlington Baths [bike page](#).

Bring your own bike or you are welcome to borrow one from our new Bike Library. Limited places.

Sunday 25th October, 10am, free

[Book your place](#)



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