

Name	Address	Website
AMI Yoga and Wellness	Covering the Hull and East Yorkshire areas	www.amiyogateachertraining.co.uk .
Balanced Life Yoga with Isabella	Covering North Lincolnshire area	balancedlifeyogawithisabella.co.uk
Barbelle Scarborough	Unit 2, 31 Northway, Scarborough YO11 1JH	barbellescarborough.co.uk
Claire Roach Yoga (The Attic Medi Spa)	14 Abbeygate, Grimsby, DN31 1JY	theatticspa.co.uk/yoga-studio
Genevieve Pilates	Church Lane, Humbertson, Grimbsy, DN36 4HU	gc-pilates.co.uk
GRIT Fitness	Unit 10, Peacefield Business Park, Nickerson Way, Holton Le Clay, Grimsby DN36 5HS	gritfitness.co.uk
Gymophobics Hull	The Old School House, 41 / 43 Baker Street, Hull, HU2 8HP	gymophobics.co.uk
Health and Wellbeing with Sue	The Temperance Hall, Scalby, Scarborough, YO13 0RP	healthandwellbeingwithsue.co.uk
Hull's Strongest	Unit 1, Unity House, Rotterdam Road, Hull, HU7 0XD	hullsstrongest.com
Hull Yoga Studio and Training Academy	5 Princes Avenue, Hull, HU5 3RX	hullyogastudio.co.uk
Live Well (East Riding Leisure)	Covering the East Riding of Yorkshire area	eastridingleisure.co.uk/health/live-well
NL Active (North Lincolnshire Council)	Covering the North Lincolnshire area	northlincs.gov.uk/nl-active
Pilates Avenue	250 Spring Bank West, Hull HU5 3RU	pilatesavenue.co.uk
Pilates Health and Fitness Scarborough	St James Church and Community Arts Centre, Scarborough, YO12 4DT	pilates-scarborough.co.ukv

Pole & Aerial 4 Fitness & AOF Champions Gym	955 Spring Bank West, Hull HU5 5HD	pole4fitness.com
Scarborough Yoga Space	21 Barry's Lane, Scarborough, YO12 4HA, UK	scarboroughyoga.space
The Stretch Zone Mind Gym	13 Mendip Ave, Scartho, Grimsby DN33 3AB	thestretchzonemindgym.co.uk