

APEX STUDIO CLASSES ARE BACK!

Move | Relax | Thrive | Together



Dear Residents,

We are delighted to announce the relaunch of community fitness classes at the Apex Studio.

Following discussions with residents and as part of the Board's commitment to improving the facilities and services available at Kew Riverside, we have worked to bring back organised fitness classes in the studio. This is one of the first initiatives delivered by the New Board and we hope it will be enjoyed by residents across the estate.

Classes will be led by appropriately qualified instructors who hold their own Public Liability Insurance and will offer a range of activities designed to support fitness, wellbeing and healthy living in a friendly and welcoming environment.

Participation will be subject to the Community Activities Framework and booking requirements that have been established to support the safe and effective operation of the programme.

We believe this is a fantastic opportunity to make greater use of the Apex Studio, support our wellbeing, meet neighbours and strengthen the sense of community that makes Kew Riverside such a special place to live.

We are launching the programme as an initial pilot and would very much welcome your participation and feedback. Your comments and suggestions will help us shape and improve the programme as it develops.

Classes are scheduled to start on **3 August 2026**. We hope to see many of you there!

Your KRRC Board

WHAT'S COMING UP

QUALIFIED INSTRUCTORS

Gym classes are provided by friendly, experienced, fully qualified instructors.

EXTENDED TIMETABLE

To accommodate everyone's busy schedule, classes take place from early in the morning to late at night.

ARE YOU READY TO BOOK?

Reach out to one of our friendly trainers to book the class of your choice. An online booking tool will be available shortly.

Silvia Maiquez



Silvia is a qualified Level 3 Personal Trainer and Level 2 Fitness Instructor with a passion for helping people achieve lasting improvements in health, fitness and wellbeing. She specialises in strength training, particularly supporting women through hormonal changes, and brings extensive experience in yoga, dance, indoor cycling and functional fitness.

With a background in nutrition and wellness coaching, Silvia focuses on realistic, sustainable lifestyle changes tailored to individual needs. Known for her positive, energetic and supportive approach, she believes that persistence and consistency are the keys to success.

Silvia also holds a degree in Psychology and Master's qualifications in HR, International Relations and Business Administration.

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Hedi Eltantawy



Hedi is a fitness professional with over 15 years of experience helping people of all ages improve their strength, wellbeing and overall health.

Specialising in strength training, indoor cycling and wellness practices including Pilates, yoga, meditation and Tai Chi stretching, Hedi takes a balanced and holistic approach to fitness. Passionate about both exercise and nutrition, Hedi believes lasting results come from combining movement, mindset and healthy lifestyle habits.

Known for creating supportive and motivating sessions, Hedi encourages participants to build confidence, stay active and enjoy their journey towards better health at every stage of life.

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Natalie Gartshore

Natalie has been passionate about movement and wellbeing from an early age, beginning her yoga journey as a child. In 2004, she founded Yoga with Natalie, offering group classes, private sessions, workshops and corporate programmes. She teaches a variety of styles including vinyasa, hatha, restorative yoga, meditation and breathwork. In 2026, she expanded her practice to include Pilates, combining strength, stability and mindful movement. Natalie's approach focuses on helping people improve mobility, flexibility, strength and overall wellbeing while reducing stress and supporting a healthier, more balanced lifestyle.

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