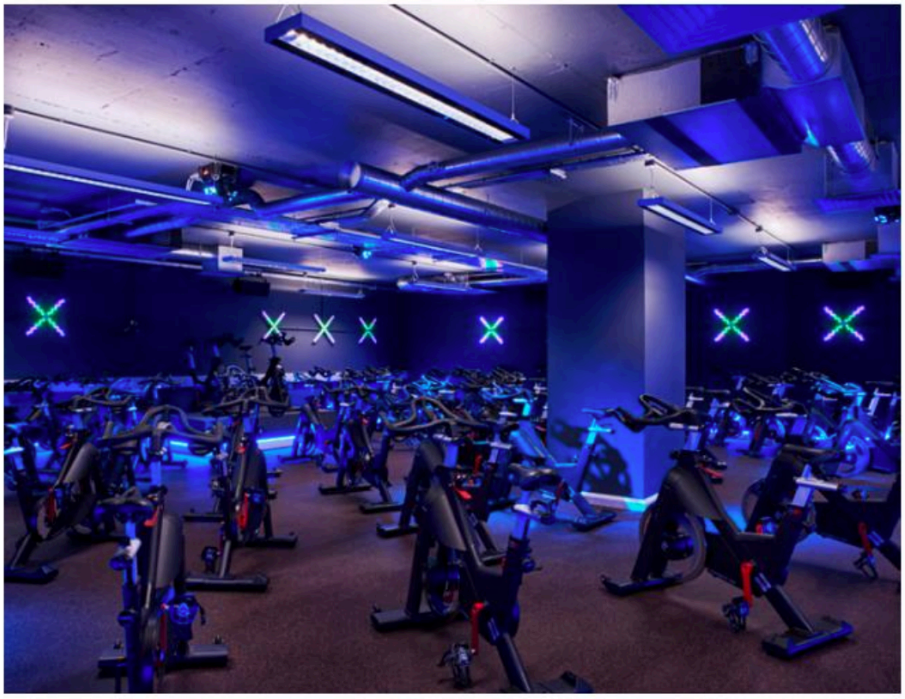
FABRIC EXCLUSIVES

Whether you're feeling active, arty or plain-old hungry, we're sure to have a prize that'll see you sated this month. For Ts&Cs, plus info on how to enter, head on over to www.fabricmagazine.co.uk – you'll be glad you did.



Edge Cycle Bootcamp giveaway

If, like us, the words 'boot' and 'camp' used in the same sentence strike fear into your heart, let us reassure you that Edge Cycle Bootcamp will tempt even the laziest of couch potatoes into donning the Lycra. This isn't your common-or-garden spin class; fusing indoor cycling with floor-based strength exercises, you'll blitz up to 1,000 calories during a 45-minute session – and go on burning the flab long after you've stumbled off your bike and back into the changing room. Plus, the nightclub-esque lighting and banging choons mean you'll actually have fun while the perky personal trainers put you through your paces. Honest! Try it for yourself – the lovely people at the newly-launched Edge Cycle Studio in central London are offering one *Fabric* reader the chance to win a six-week pass worth a whopping £240. Buns of steel will be yours in no time.



Athenaeum Hotel giveaway

Sitting slap bang in the middle of Piccadilly, with its colossal vertical garden of trailing tendrils and flowers climbing eight storeys of its imposing exterior, the Athenaeum makes an impressive dinner destination – even if you're not taking advantage of its luxurious accommodation. The restaurant in no way plays second fiddle to the hotel, with not one but two AA rosettes to its name, thanks to exceptional food and service to match. Guests can enjoy British favourites such as ham hock terrine with slow cooked duck egg, roast quail and goose liver and herb-crusted English lamb loin in sumptuous surroundings that feel fabulously five star yet wonderfully intimate. Testament to its excellent hospitality, this month the hotel is treating one reader and their lucky date to a three-course meal with a bottle of wine. Did we mention you're looking lovely today?



Hampstead Arts Festival giveaway

The great and the good of the worlds of classical music and literature will again descend on Hampstead for three weeks in November, with a programme of events sure to dazzle and inspire culture vultures from far and wide. A series of nine concerts will showcase talents like Mercury Prize finalist, pianist Gwilym Simcock, teaming up with guitar virtuoso John Etheridge, and cellist extraordinaire Natalie Clein, playing all six of Bach's *Cello Suites*. Other must-hears include trumpeter Freddie Gavita, whose velvety tones can be heard on the score for recent romcom *Le Week-End*, and award-winning tenor Ben Johnson. There'll also be a series of talks on politics and the arts, with speakers including MP Glenda Jackson, Melvyn Bragg and Ed Stourton. All that should go some way to filling your soul with sunshine as the nights draw in – even more so if you're lucky enough to bag a pair of tickets to all the music events in our giveaway this month.

Words: Anna Bailey
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