



Gym Consultation Feedback

Thank you to all those customers that fed back their views on the proposed layout and equipment mix. The overall opinion was very positive with the majority of people very excited about the new development and the suggested proposal. There was however a couple of areas that people raised concerns about which we have addressed below:

Strength and Condition area –equipment and layout

With the design of the new gym, whilst we appreciate we may not be able to meet everyone's individual requirements, we have tried to offer a balanced layout and equipment mix that meets the demands of the majority of the wide ranging demographical groups that we have across Hambleton. This includes a significant increase in the strength and condition area compared to the current gym including the addition of:

- 2 x Olympic half racks with platforms
- 1 x Olympic flat bench
- 1 x Arm curl bench
- 1 x Plate loaded leg press
- 1 x Additional dual adjustable pulley
- Fixed barbells

Plus a functional training zone including a functional rig with, dip station, step, core plate, rebound board, rope climb, punch bag, TRX and battle rope. Slam balls, medicine balls, kettlebells up to 32kg, a set of plyometric boxes and a Skillmill that replaces the requirement for a sled/sprint track.



The exact size and layout of both of these areas are subject to change with the current suggested layout simply for indicative purposes only.



Cardiovascular Equipment - Number of bikes, cross-trainers and rowers

Although the individual number of bikes and rowers has not increased the total number of cardiovascular equipment has increased by 11 which will hopefully lead to less demand on the other pieces of equipment. The additions include:

- 4 x Additional treadmills
- 1 x Additional cross-trainer
- 4 x Variable stride trainers*
- 2 x Arm cycles**



*With VARIO you can choose your stride length from vertical stepping, to walking, to running. This movement variety enables you to enjoy a broad range of exercises.



**Upper body rotary training improves your fitness, muscular strength, endurance and look. Extremely versatile in both design and functionality, TOP is suited for many applications, including sports training and rehabilitation.

**Thank you again for all your feedback.
We look forward to welcoming you all to the gym very soon.**