

PRESS RELEASE
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New-look Yate gym reopens following £220k refurbishment

Customers were greeted by a new-look gym at Yate Active Lifestyle Centre this weekend, following a £220,000 refurbishment project that was completed in just four days.

An official opening took place at 10am on Saturday 31st August, with partners, staff and contractors involved in the project gathering to watch local Yate resident and regular gym user, Stephen Ludwell, cut the ribbon.

The investment, which was the second phase of a £300k reinvestment plan, included the complete redecoration of the gym area, installation of a larger functional fitness area, brand new 'cable jungle' and top-of-the-range fitness equipment – including resistance, cardiovascular and Technogym's® SKILLBIKE and SKILLRUN machines.

This refurbishment project follows the opening of BIOCIRCUIT™ on July 1st. The BIOCIRCUIT™ studio is home to specialist equipment, which adapts to individual body types and goals, enabling anyone who wants to get active or become more physically active, but is time poor with regards to exercise.

At the official reopening, fifty-eight-year-old Stephen Ludwell said: "I have a long history with this centre and its staff, stretching back almost fifteen years, so I was absolutely thrilled to cut the ribbon on the newly refurbished gym. Years ago, I was originally put off of visiting a gym – thinking it was largely for those that were fit and athletic.

"However, after accessing the facilities through the Exercise on Prescription scheme, I soon realised that this is a centre run for all members of the community, regardless of their shape, size and ability or disability. It's wonderful to see the gym refurbished to such a high standard, and I look forward to using the facilities very soon."

Andy Robinson, centre manager at Yate Active Lifestyle Centre, said: "We're committed to offering the best facilities to our customers - and our gym area is extremely popular, so carrying out these refurbishment works was absolutely essential. Now it's complete, we're thrilled with the end result and can't believe what has been achieved in such a short timescale.

"It's an exciting time for Yate, BIOCIRCUIT has been a great hit, and it's fantastic to see an increase in customers who are new to exercise. I would like to thank our customers for being patient this week while work has been carried out and hope they enjoy the new look gym."

Yate Active Lifestyle Centre is one of five Active Lifestyle Centres operated across South Gloucestershire by the not for profit organisation Circadian Trust.

To find out more about the Centre, please visit: www.activecentres.org/centres/yate

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Notes to editor:

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About Circadian Trust

- Circadian Trust is an innovative, social enterprise operating as an independent charity, which successfully manages five Active Lifestyle Centres across South Gloucestershire. These are located in Bradley Stoke, Kingswood, Longwell Green, Thornbury and Yate.
- Circadian Trust work in close partnership with South Gloucestershire Council helping to deliver an overall shared philosophy to contribute to the improved health, cultural and social wellbeing, and quality of life the local community.
- Any profit made by the Trust is reinvested back into the business to improve facilities, equipment, and services for its customers and the local community.
- To find out more about BIOCIRCUIT™ please visit here: www.activecentres.org/biocircuit/
- For more information, visit: www.activecentres.org/about-us/