

PRESS RELEASE

August 2019

Yate gym to undergo refurbishment as part of a £300k reinvestment plan

The Gym at Yate Active Lifestyle Centre is set to benefit from £220k of investment, as part of a wider plan to improve its facilities for customers and the local community.

As well as lots of new fitness equipment being installed, including upgrades of the latest resistance and cardiovascular machines, the gym will also feature a larger functional fitness area and Technogym's® latest Skillbikes and Skillrun equipment as well as a new 'cable jungle' area.

The refurbishment work will take just four days to complete, with work commencing on Tuesday 27th August, with plans to reopen to the public on Saturday 31st August.

The Gym refurbishment is the second phase of a £300k reinvestment plan, which has already seen the opening of BIOCIRCUIT™ on July 1st. 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 to exercise.

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 these refurbishment works are absolutely essential".

"It is 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 look forward to welcoming customers to the new-look gym very soon."

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/