

**PRESS RELEASE**

28<sup>th</sup> April 2022

## **NEXT ROUND OF BODYWORKS GYM EQUIPMENT UPGRADES**

Following the upgrade of the Bodyworks Gyms at Meadowmill, Dunbar and North Berwick in October 2021, **enjoyleisure** is delighted to announce its remaining Bodyworks Gym facilities at **Musselburgh Sports Centre, Aubigny Sports Centre, Haddington** and the **Loch Centre, Tranent** are set to receive a comprehensive refurbishment and modernisation in the coming weeks.

Customers can look forward to receiving a broad range of brand new, high specification equipment from Pulse Fitness. The upgrades will additionally greatly improve the customer experience, both in terms of overall appearance and efficiency of the gym offering, by making optimum use of the exercising space available.

As well as a wide range of resistance equipment, (and at Loch Centre a wider selection of free weights), each Gym facility will benefit from refreshed lighting and room decoration.

Since September 2020, the gym equipment at Aubigny Sports Centre has been split between two rooms to provide additional space for customer enjoying their activities. This is set to continue, with customers to Haddington's Gym enjoying the benefits of a double room refurbishment.

As well the upgrading the ever popular treadmills, cross trainers, rowers and resistance equipment **enjoy** is delighted to be installing some brand new pieces of kit.

### **SkiErg**

Soon to be swiftly arriving at Haddington, Musselburgh and Tranent is the SkiErg<sup>®</sup>, a truly unique piece of equipment mimicking the actions of cross country skiing. This piece of equipment has been embraced by the fitness community, for its ability to work legs, core and arms in a smooth continuous motion, building strength, fitness and endurance. The SkiErg<sup>®</sup> is also suitable for individuals with lower body limitations or injuries, as it can be adapted to work the core and upper body from a seated position, be that a stool, chair or wheelchair.



### **Crossclimb Seated Stepper**

Customers at Musselburgh Sports Centre and the Loch Centre will be able to make use of the brand new Crossclimb Seated Steppers. As the name suggests, users lean against the seat rest, whilst engaging their lower body against variable resistance steppers. This machine is particularly beneficial as it increases aerobic capacity as well as strong muscles and bones, however due to its unique positioning, it reduces the risk of injury caused



from high impact on joints. Furthermore, users can choose to enjoy a strength workout, utilising the machines at lower speeds and heavier resistance; a power workout, combining faster speeds and heavier resistance; an aerobic workout, with faster speeds and lighter resistance; or an endurance programme, using slower speeds and lighter resistance over a longer period of time.



### **Curved Treadmill**

The treadmills at the Loch Centre are always popular, but soon there will be a new edition to the suite, as Tranent receives a Curved Treadmill, the first within **enjoyleisure's** portfolio. Unlike the other machines, the curved treadmill is non-motorised and is self-powered. Which means with each foot strike, the user is propelling the belt behind them. The user subsequently controls the speed and motion, and in doing so, can improve their power, speed, stamina and agility.



**enjoyleisure**, in partnership with East Lothian Council, will embark on a 7 week rolling schedule to refurbish each of the three Bodyworks Gym facilities in turn.

During each refurbishment, only the Bodyworks Gym areas will be closed to the public, all other facilities within the Sports Centres will be open as usual.

- **Musselburgh Sports Centre's Gym** closed at 9:30pm on Wednesday 27<sup>th</sup> April and is scheduled to reopen on Wednesday 11<sup>th</sup> May
- **Aubigny Sports Centre's Gym** will close at 9:30pm on Wednesday 4<sup>th</sup> May and is scheduled to reopen on Wednesday 25<sup>th</sup> May.
- **Loch Centre's Gym** will close at 9:30pm on Wednesday 18<sup>th</sup> May and is scheduled to reopen on Wednesday 8<sup>th</sup> June.

Bill Axon, Chief Executive of **enjoyleisure** comments,

“We are thrilled that in collaboration with our partners East Lothian Council, **enjoy** has been able to retain its commitment to improving the leisure facilities and services on offer within our local communities.

“Public health and fitness remains at the top of the agenda for **enjoyleisure**; our objective is to take the lead in getting everyone more active, more often. Very soon each of **enjoyleisure's** gym facilities will have been kitted out with state-of-the-art equipment, rivalling that of its closest competitors.

“However, what sets **enjoy** apart is our commitment to providing friendly and inclusive access to our community facilities. Everyone is welcome to ‘enjoy’ these facilities - budding teens, eager adults, social seniors, and especially those who are taking their first steps on their first journey, be that to improve their health and wellbeing, or to recovery from illness or injury through rehabilitation.

Plus, via our partnership with The Fitness Education Academy, we have Personal Trainers available to support, encourage and motivate members to achieve their fitness goals.

We very much look forward to welcoming everyone into these brand new facilities in the very near future.”

Tom Reid, Head of Infrastructure for East Lothian Council comments, “This is yet another exciting programme of work, which will enable the local communities of Musselburgh, Haddington and Tranent to reap the benefits of new, high-quality fitness equipment in improved environments.

I am extremely proud that East Lothian Council and **enjoy** are leading the way with these up-to-date installations at all community sport and leisure centres. This yet again highlights, especially during these challenging times, the commitment both the Council and **enjoy** have, to provide high quality, accessible and affordable facilities to our communities.”

**enjoyleisure** would like to take this opportunity to thank all of its customers for their patience and cooperation as we make these improvements.

Further information can be found at [www.enjoyleisure.com](http://www.enjoyleisure.com).

**Coming Soon to Musselburgh Sports Centre**

**enjoyleisure Bodyworks**

**Cardio Equipment**

- NEW Crossclimb Seated Stepper
- NEW Rower with adjustable elevation
- NEW Star Master
- NEW Skierg
- NEW AirBike
- Treadmill x4
- Cross Trainers x2
- Rower x 2
- Upright Bike
- Recumbent Bike
- Ergometre Hand Bike
- Watt Bike x2
- Kaiser Bike x 2

**Resistance Equipment**

- NEW Deltoid / Pec Fly
- NEW Assisted Chin & Dip
- NEW Abductor / Adductor
- Lat Pulldown
- Multi-Pulley
- Combined Leg Extension / Curl
- Shoulder Press
- Chest Press
- Seated Leg Press
- Abdominal Lower Back Extension



**Coming Soon to Aubigny Sports Centre**

**enjoyleisure Bodyworks**

**Cardio Equipment**

- NEW Skierg
- NEW AirBike
- Treadmill x 3
- Cross Trainer x 2
- Upright Bike x 2
- Recumbent Bike
- Rower
- Kaiser Indoor Cycle

**Resistance Equipment**

- Abdominal / Lower Back Extension
- Lat Pulldown
- Chest Press / Shoulder Press
- Combined Leg Extension / Curl
- Seated Leg Press
- Multi Pulley



**Coming Soon to the Loch Centre**

**enjoyleisure Bodyworks**

**Cardio Equipment**

- NEW Crossclimb Seated Stepper
- NEW Rower with adjustable elevation
- NEW Curved Treadmill
- NEW Star Master
- NEW Skierg
- NEW AirBike
- Treadmill x 4
- Cross Trainers x2
- Upright Bike x 2
- Recumbent Bike
- Watt Bike
- Rower x 1
- Kaiser Studio Cycle

**Resistance Equipment**

- NEW Rear Deltoid / Pec Fly
- NEW Abductor / Adductor
- Chest Press
- Shoulder Press
- Leg Extension / Leg Curl
- Abdominal / Lower Back Extension
- Seated Leg Press
- Lat Pulldown
- Assisted Chin & Dip



**Coming Soon to the Loch Centre**

**enjoyleisure Bodyworks**

**Free Weights**

- Smith Machine
- Olympic 4 in 1 Rack
- Dumb Bell Stack 2.5kg - 25kg
- Dumb Bell Stack 27.5kg - 50kg
- Dual Multi Pulley with 100kg Stacks
- Adjustable Incline Bench x2
- Medicine Ball Set

