

PRESS RELEASE

8th September 2021

BODYWORKS GYM EQUIPMENT UPGRADE

enjoyleisure is delighted to announce three of its gym facilities based at **Meadowmill Sports Centre**, **Dunbar Leisure Pool** and **North Berwick Sports Centre** are set to receive a comprehensive refurbishment and modernisation in the coming weeks.

These upgrades will 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.

Customers can look forward to receiving a broad range of brand new, high specification equipment from Pulse Fitness. The cardiovascular machines offer upgraded fully interactive consoles with built-in TV, Music, and Apps, capable of tracking your workout.

As well as a wide range of resistance equipment, (and at North Berwick Sports Centre a comprehensive variety of free weights), each Gym facility will benefit from refreshed lighting and room decoration.

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. Meadowmill Sports Centre will receive a Stair Master, an alternative to the existing Independent Stepper, which offers slower speeds, with minimal impact while delivering a high calorie burn workout. Dunbar Leisure Pool and North Berwick Sports Centre are also adding an Air Bike to their cardio range. Unlike standard upright or recumbent cycles, the Air Bike uses a large fan for resistance. The more effort you give, the more resistance it delivers. However not only are you working your legs, the moving handlebars engage your upper body and core for a full body workout.

enjoyleisure in partnership with East Lothian Council, aim to upgrade the Gym equipment within each of the Sports Centres on an annual 5 year cycle. However recent Covid induced closures and equipment availability, has caused unexpected delays to this timescale.

Nevertheless from mid-September, **enjoy** and East Lothian Council will embark on a 6 week rolling schedule to refurbish each of the three Bodyworks Gym facilities in turn.

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

- **Meadowmill Sports Centre** closes at 10pm on Thursday 16th September and is scheduled to reopen on Wednesday 29th September.
- **Dunbar Leisure Pool** will close at 9pm on Thursday 23rd September and is scheduled to reopen on Wednesday 6th October.

- **North Berwick Sports Centre** closes at 10pm on Thursday 30th September and is scheduled to reopen on Wednesday 20th October.

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. These initial three gym upgrades are just the first in a two stage development which will see **enjoy’s** remaining gym facilities receiving a refurbishment in 2022.

“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. I am extremely proud that **enjoy** and East Lothian Council 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.”

Tom Reid, Head of Infrastructure for East Lothian Council comments,

“This is an exciting programme of work which will enable customers at Meadowmill, Dunbar and North Berwick to reap the benefits of new, high-quality fitness equipment in improved environments.

“With gym upgrades also in the pipeline elsewhere, this represents a significant enhancement of **enjoyleisure** facilities in locations across East Lothian.

“Our expectation is that existing customers will notice a welcome improvement and we hope the enhanced facilities and equipment will encourage new users to visit, and enjoy exercising at one of the centres.”

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.

Coming Soon to Meadowmill Sports Centre


Bodyworks

Cardio Equipment

- **NEW** Air Bike
- **NEW** Stair Master
- Treadmill x3
- Cross Trainers x2
- Upright Bike
- Recumbent Bike
- Rower
- Kaiser Studio Cycle



Resistance Equipment

- Abdominal Crunch
- Shoulder Press
- Chest Press
- **NEW** Deltoid / Pec Fly
- Multi-Pulley
- Lat Pulldown
- Combined Leg Extension / Curl
- Seated Leg Press



Coming Soon to the Dunbar Leisure Pool


Bodyworks

Cardio Equipment

- Treadmill x 3
- Cross Trainer x 3
- Upright Bike
- Recumbent Bike
- Rower x 2
- Stepper
- Kaiser Indoor Cycle



Resistance Equipment

- Multi Pulley
- Leg Press
- Lower Back Extension
- Rotary Torso
- Abdominal Crunch
- Combined Leg Extension / Curl
- Shoulder Press
- Chest Press
- **NEW** Rear Deltoid / Pec Fly
- **NEW** Seated Row



Free Weights

- **NEW** 20kg Dumbbell Set



Coming Soon to North Berwick Sports Centre **enjoyleisure** Bodyworks

Cardio Equipment

- Treadmill x 4
- Cross Trainers x2
- Independent Stepper
- Upright Bike x 2
- Recumbent Bike x2
- **NEW** AirBike
- Upper Body Ergometer
- Kaiser Studio Cycle
- Rower x 2



Resistance Equipment

- Shoulder Press
- Chest Press
- Lat Pulldown
- **NEW** Rear Deltoid / Pec Fly
- **NEW** Assisted Chin & Dip
- Seated Row
- Rotary Torso
- Leg Press
- Arm Curl
- Leg Extension



Coming Soon to North Berwick Sports Centre **enjoyleisure** Bodyworks

Free Weights

- Dual Multi Pulley with 77kg Stacks
- Adjustable Incline Bench x 4
- Preacher Curl Bench
- Plate Storage Station x 2
- Olympic Horizontal Bench Press
- Olympic Multi Rack
- Hack Squat - 200kg capacity
- Hex Dumbbell Set 1kg-10kg

