

South Suffolk Leisure invest £150,000 in a new and improved gym at Kingfisher Leisure Centre

South Suffolk Leisure (SSL), the charitable trust who manage and run the leisure facilities in Suffolk have pledged their commitment to improving the health & fitness facilities at Kingfisher Leisure Centre by investing £150,000 in a new and improved gym. This considerable investment in the health and fitness facilities by our Trust meets their ongoing mission in providing quality facilities and service for the community that promote a healthy lifestyle.

Commenting on this significant investment, Tim Mutum, chairman of the Board of Trustees said, "Over the last ten years South Suffolk Leisure has strived to continually invest in Kingfisher Leisure Centre to provide the best possible facilities for our thousands of customers. This latest investment demonstrates our ongoing commitment to remain as one of the leading leisure providers in the area."

The new and improved gym will be fully equipped with state of the art Matrix cardiovascular, strength, and functional equipment. Incorporating the latest in demand fitness trends for more variety of training equipment and options; the gym will feature a zonal approach with the layout providing a clear distinction for different types of training. The functional area provides an area for exercises that focus on improve life's everyday activities and can be used for core and stretching exercises. The strength area will consist of multi-functional fixed resistance machine, Olympic weights rack, cable machine and free weights. The cardio area is where you can walk, run, cycle, row and climb on the 7xi and 5x range of CV machines

The gym has something for everyone providing motivational and enjoyable gym workout as possible there are different specs of equipment to meet the different needs and desires of our members. Wanting to be the leaders in health & fitness in Sudbury, the gym will include the latest innovative training and technology options such as;

S-drive treadmill; a combination of a self-powered treadmill and weighted sled that can be used as part of a HIIT circuit or for rehabilitation

Personal Trainer Portal; Two way communication with our Health & Wellbeing Coaches who can assign you workouts, check progress, monitor nutrition and observing daily activities to ensure you reach your health & fitness goals

Full Connectivity; Our 7xi CV consoles contain all your entertainment, social media and effective fitness tracking in one platform. Wi-Fi & Bluetooth enabled

Boditrax Kiosk; measuring 16 components of what makes up your body providing a benchmark for goal setting

Claire Turnbull, Business Development Manager for SSL, responsible for overseeing the project says;

'We are delighted to be able to offer the local community a newly refurbished and equipped gym that will provide opportunities for everyone to take part in physical activity as we aim to open up even more opportunities for people to adopt a healthier and more active lifestyle'

Claire explains the reasoning behind introducing the latest equipment and technology;

'The gym is far more versatile to meet the need of a wider audience. It allows our health & wellbeing coaches to be creative and motivating when designing enjoyable and results-driven workout plans for each our members'

The new gym installation is planned for December which requires a closure of the gym for two days fully complete the refurbishment. By the New Year the gym will be transformed into a modern and dynamic facility aimed at motivating more people to get more active more often.

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