

£150,000 Gym refurbishment aims to improve community's health and wellbeing

Those wishing to start the New Year with the aim to make 2018 a healthier and fitter year for themselves can take advantage of a £150,000 refurbishment of Kingfisher Leisure Centre's gym. More than 600 members have been inducted on the new gym equipment in the first 5 days the centre has been open since the refurbishment and reaping the benefits of being active.

The centre now boasts a new 40 station Matrix state of the art gym including cardiovascular, strength, and functional equipment. Incorporating the latest in demand fitness trends for more variety of training equipment and options; the gym features 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 5xi range of cardiovascular 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 includes the latest innovative training and technology options such as; **S-drive treadmill; Climbmill Stepper, Boditrax Kiosk; Full Connectivity;**

Claire Turnbull, Business Development Manager for South Suffolk Leisure (SSL) says;

'We are thrilled with the result of our refit. The equipment is excellent and integrated with the latest technology to make the customers experience fun and rewarding with the aim to build a regular habit thus leading to a healthier and active lifestyle'

Joe Harvey, Health & Wellbeing Manager for SSL, says;

'Our gym is far more versatile and offers anyone whatever your fitness ability or experience to work out to their full potential. The customers are really enjoying the new equipment which is great to see as making our centre more appealing and attractive will encourage more people to take part more often'

For those who prefer to exercise in one of the group fitness classes; Kingfisher hosts over 60 classes per week ranging from holistic and invigorating Pilates, Yoga and Bodybalance to strength classes such as Bodypump, Kettlebells and CXworx to cardio workouts; Aqua, Spin and Zumba. New to this year's timetable is Boogie Bounce; a fun cardio workout on mini trampolines that is sure to get the heart rate up and calories burnt. For a full list of classes at Kingfisher or Sudbury visit www.ssleisure.co.uk

If you are looking at making 2018 a more healthier and active year, Kingfisher are offering all new members £0 joining fee during January on their full memberships which gives members unlimited use of the gym, classes and swimming pool. Join at www.ssleisure.co.uk

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