

Chesterford Research Park re-opens gym and fitness centre after extensive renovations

Gym members make a welcome return to improved facilities at the gym, situated within the Nucleus building at the Park

Chesterford Research Park's gym and fitness centre re-opened today following three months extensive renovation work to repair damage sustained after a fire broke out in the sauna area in early December last year.

The enforced closure of the gym gave the Park the opportunity to re-evaluate the facilities available to both tenant and non-tenant members and as a result the facility now boasts an improved layout with dedicated cardio, free weights and stretch areas. The Park team decided not to restore the sauna and steam room facilities, choosing instead to dedicate the additional space gained from this area to improving the core gym facilities.

Gym equipment has been added to and improved with the inclusion of a Vibrostation – a machine which transfers vibrations to the body facilitating a highly effective workout burning up to 350 calories in just 10 minutes - within the stretch area and a significantly expanded selection of free-weights.

Classes have also been given an overhaul with new additions such as 'Kettlebell', an intense weight class, and step-aerobics now featuring within the timetable. Mid-morning classes aimed specifically at non-tenant members have been introduced and opening hours have been extended to include Saturdays, between 0800-1600hrs.

Park Manager, Katherine Maguire commented: "The gym has always been extremely popular with both tenant and non-tenant members and we are delighted to have it back up and running at last. The Park team have worked incredibly hard over the last couple of months to ensure we could re-open as soon as possible and I hope that our improved facilities will encourage even more of our current tenants, as well as the local community in Chesterford to consider the benefits of having this facility on their doorstep!".

Gym memberships are available to both tenants and non-tenants. The facility is open six days a week; Monday – Thursday between 0700hrs and 2000hrs, Friday from 0700hrs to 1930hrs and Saturday from 0800hrs-1600hrs. Chesterford Research Park is a thriving community made up of innovative, world-class R&D companies. Looking to expand on the success of the Park to date, the joint venture partners, Aviva Investors and Churchmanor Estates Company Plc are pushing development plans forward to increase the facilities available to new occupiers. Planning permission has been granted on both the Robinson Laboratory and the Science Village development and the joint venture partners remain keen to push these projects forward during the coming months. Representing the ultimate in flexible design, the Robinson Laboratory will provide two separate wings of laboratory space, linked by an elegant atrium designed to house an impressive reception area and a versatile range of meeting rooms. As always at Chesterford significant thought has also been given to the external finish of the building, with sympathetic landscaping of the immediate area adding to the overall aesthetic. The Science Village is similarly forward thinking in design. The low energy building will allow for flexible use as R&D offices and/or laboratory suites. Catering for companies at all stages of their life-cycle, the Village will offer one suite of 28,000 sq ft and a further 16 smaller suites ranging from 1,510 sq ft to 1,965 sq ft.