

Fitness is back on the menu at Chesterford Research Park!

The 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 us 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. In deciding not to restore the sauna and steam room facilities, we have been able 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.

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.

For more information please contact Noel or Gemma on: **01799 532256**