

## **GYM REPORT**

### **MEMBERSHIP**

A summary of membership numbers is below. The Joiners and Leavers are for the 12 month period to 31<sup>st</sup> May 2024.

<b>Membership Category</b>	<b>No. of Members</b>	<b>No of Joiners</b>	<b>No. of Leavers</b>
60 & Over - Fitness	32	6	3
60 & Over -Sport & Fitness	5	2	2
ADULT - Fitness	39	16	12
ADULT - Sport & Fitness	10	4	3
FAMILY - Fitness	8	6	4
FAMILY - Sport & Fitness	1	0	6
STUDENT - Fitness	7	3	5
STUDENT - Sport & Fitness	3	1	3
<b>TOTAL</b>	<b>105</b>	<b>38</b>	<b>38</b>

There is plenty of capacity for new members. It would be good to set up an action plan for promoting the Gym as the schools go back in August.

### **GYM AND EQUIPMENT**

The option of using Xplor as a Gym Booking system is currently being explored; this would be included in the current fee for the membership system. Several alternatives to Skedda have been investigated, but none have been suitable.

The Gym equipment continues to be serviced annually. One of the two Treadmills is currently out of order, the belt is slipping and the engineers are due to visit on Tuesday 4<sup>th</sup> June. They are trying to order the required part in advance of their visit.

CCTV in the gym continues to prove useful.

### **STAFFING**

There are currently 3 Personal Trainers (PTs) working in the Gym, this is working well and is the maximum number that can be accommodated without too much impact on the members. Matthew Byers, our newest recruit is settling in well and is a great fit for the Gym team and the Club.

### **OTHER BUSINESS**

The standard of cleaning in the Gym is good, there are rarely any issues.

The PTs are looking to start Kettlebell classes, Tuesday and Thursday mornings at 7.15am and one at the weekend, with a view to attracting new blood to the club. We are looking to start these in August after the holiday period. Kit has already been purchased to facilitate this. A discounted rate will be offered to members and we will work to encourage non-members to join the Club and/or Gym.