

fitness

New free weight area



Larger space for more free weights training.
Less MTS fixed resistance equipment, allowing more people to benefit from free weight exercises.

Squat rack to improve the options for an effective leg training session.

Thicker matting specifically designed for free weights areas, stopping damage to equipment when dropped, reducing the noise and providing a firmer surface to lift from.

New squat rack
New compact cable machine (Dual Assisted Pulley)
New benches
All resistance equipment re-upholstered
New free weight flooring (40mm thick)
New plate weights
Larger space
New mirrors



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Improvements to the Cardio Area

New CV equipment
5 x Matrix cross trainers
5 x Matrix upright bikes
2 x Matrix recumbent bikes
1 x Powerplate
1 x Watt bike Pro
1 x Watt bike Trainer

We are introducing 2 Watt bikes, which can analyse how hard each leg is working and provide an extremely challenging workout. These are great for sprinters, tri-athletes, cyclists and anyone wanting to analyse their training and push themselves harder.

Introduction of a Powerplate. Power Plate is focused on helping you bring optimal physical performance, health and wellness into harmony. Delivering the next generation of fitness technology, this revolutionary training technique delivers harmonic vibration to the body, stimulating a natural reflex. It is high-efficiency training unlike anything you've ever experienced before, effectively burning fat, enhancing muscle tone, improving balance, and increasing strength.

We have freed up more space in the stretch area at the back of the cardio area. Allowing more room for stretching and personal training.



New Matrix equipment has TV's built in.
Improved reliability of equipment and service contract.

Cycling is one of the fastest growing sports in the UK, so we've increased the number of bikes.



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New functional & small group exercise space



New spin area
New functional space
Escape Fitness TIR
Escape Plyo box
Power bags
Kettle bells
Medicine balls
Battle ropes
Studio flooring sanded and resealed
New body pump equipment
TRX chin and dip adapter

More space due to spin bikes being stacked away creating a function and personal training space.

Additional stretch area.

Trigger point equipment for effective stretching and recovery.

New flexible functional space.

Better service in the studio.

Small group training area allowing more space for classes.



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New layout & Equipment