



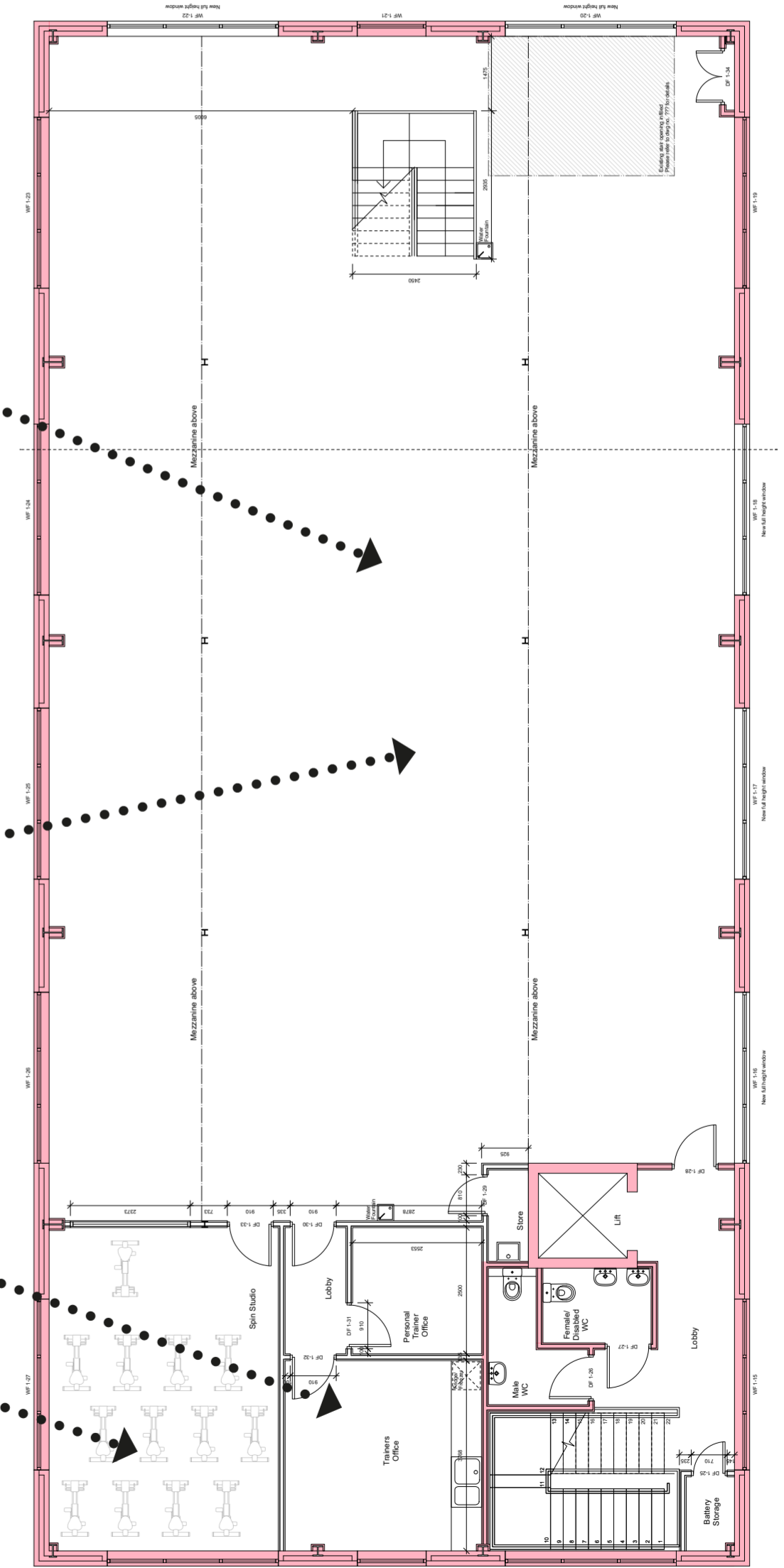
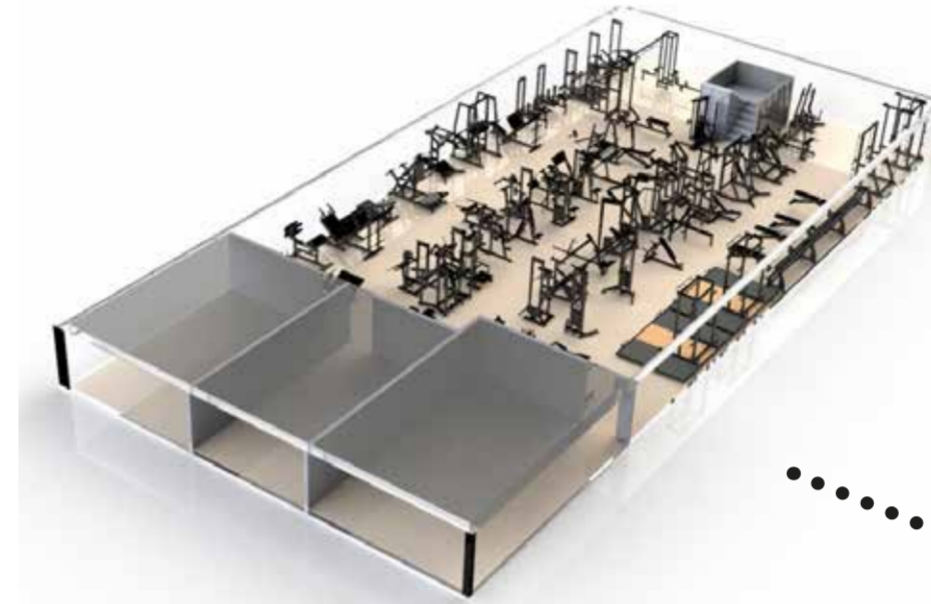
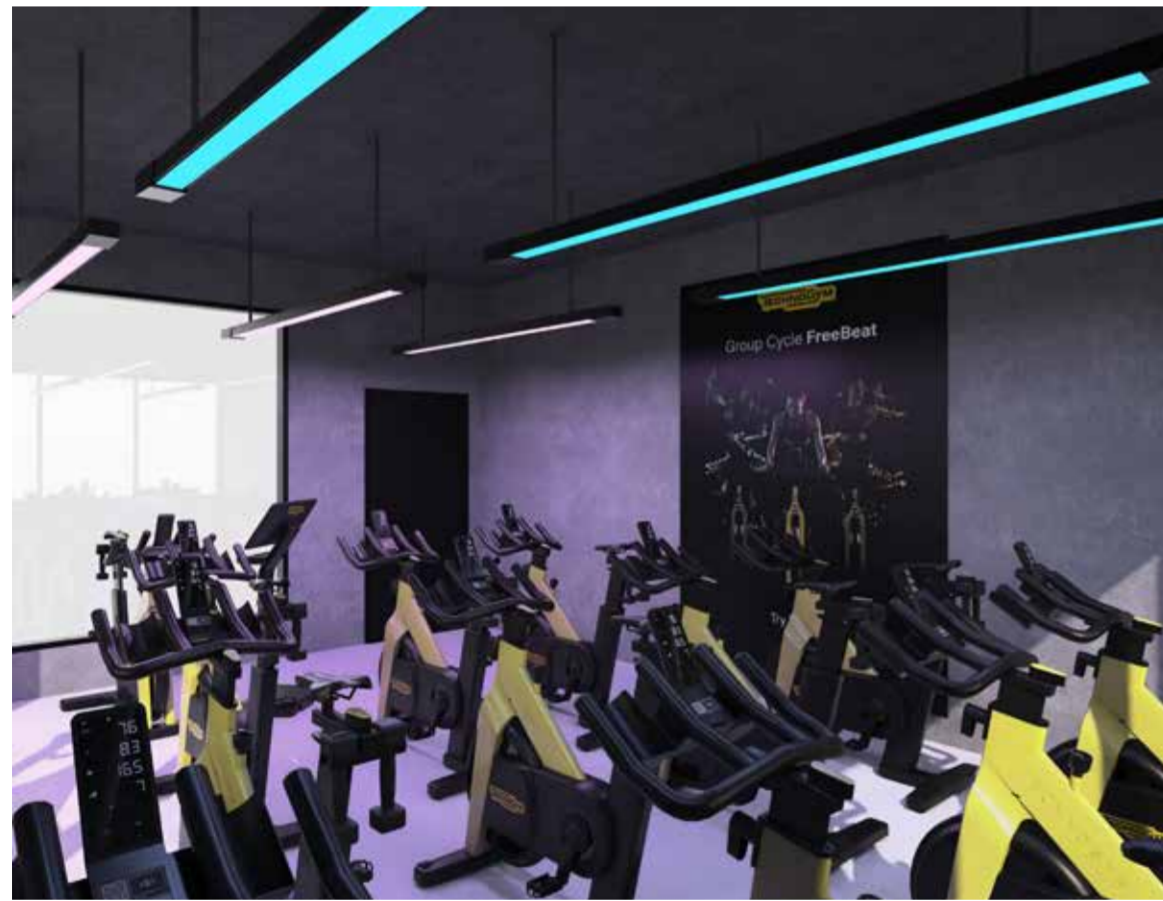
First Floor • Fifth Gym

Our first floor will be entirely kitted out with the latest heavy weights and strength training equipment from **Watson**. **Watson** equipment is crafted with precision and durability to help you reach your true strength. From power racks to barbells and more, our chosen range at Fifth Gym is so versatile and selected specifically to suit all our members individual fitness level's.

Fifth Gym • PT and Trainers office

Whether you're reviewing your training program, catching up with your PT, providing feedback, or seeking help and support, our newly designed office spaces offer both members and trainers a private and comfortable environment to meet and discuss.

Don't hesitate to drop by and talk to us anytime. Your well-being and any Gym requirements are our priority, and we're here to assist you every step of the way.



Fifth Gym • Spin Studio

Our All New Spin studio will feature brand new **Technogym** Group Cycle Connect Bikes. These bikes feature high power accuracy, on-the-fly adjustments and more resistance to sweat, LED screens and a sport's specific design.

This new studio will combine music, performance data and interactive training providing our members with a new kind of group riding experience.