

# Investment programme at ANGUSalive Sport & Leisure centres

ANGUSalive is delighted to have completed the refurbishment to the fitness suites at Montrose Sports Centre and Brechin Community Campus to create a modern and immersive gym experience.

The dramatic transformation to the sites is part of a significant investment programme to upgrade and revitalise the ANGUSalive sport & leisure portfolio to meet changing customer expectations.



This programme of work is essential to maintain the charity's customer base and facility usage through the provision of a high quality customer experience to local communities so they can enjoy the health and wellbeing benefits our services bring whilst keeping active with us.

Investment for the programme comes from funds set aside within the trust's Renewal and Repair Fund which the charity has made contributions towards annually since it was established in 2015.

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Brechin Community Campus was the first to open its new fitness suite on Saturday 18 June, 2022 with Olympic Curling Gold Medallist Hailey Duff MBE cutting the ribbon. We were also joined by football players from local football club Brechin City.

This was closely followed by the new fitness suite at Montrose Sports Centre opening on Friday 8 July, 2022. Cutting the ribbon was Scotland Squash Masters Internationalist Peter Buchan. Peter is also an ANGUSalive NASA athlete (National Athlete Support Angus), a scheme that provides athletes complimentary access to our sports centres and grant aid support.

The opening events were also attended by members of the ANGUSalive board and employees. Visitors and members were able to enjoy tours and inductions of the new spaces as well as enter competitions over the launch weekends.



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## Both gyms feature:

- Functional Training Zone - with a variety of equipment suitable for any exercise programme including ski rigs, assault bikes, boxes, kettlebells and TRX.
- Fixed Resistance & Cardio Zone - with brand new state-of-the-art Life Fitness equipment. Treadmills, cross trainers, bikes and the latest fixed resistance machines.
- Strength Zone - including brand new free weights, half rack, smith machine and plate loaded machines.



- Latest Fitness technology - offering immersive experiences, extensive entertainment options and all the connectivity from fitness apps that you'd expect, including Myzone integration. Myzone is the heart rate based system by Life Fitness that uses wireless and cloud technology to accurately monitor physical activity.
- New branding with wall art designs – the new spaces also feature fresh branding with photos and graphics utilising the trust's brand and vision.

## Next steps:

Arbroath Sports Centre is next to benefit from the investment programme with a transformation to its dance studio and gym spaces underway, with a likely opening date of 24 September 2022.

Improvements to the gym facilities will include fully refurbished spaces with all the features and technology installed at Brechin and Montrose. A newly refurbished dance studio will also open featuring new LED lights, flooring and wall designs along with large screen and fitbox providing the ability to stream virtual classes.

Other redevelopment plans for the ANGUSalive portfolio include significant redesign and upgrades to Carnoustie Sports Centre with more details being announced in the coming weeks and months.

