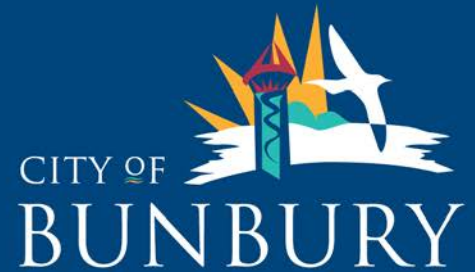


MEDIA STATEMENT



Tuesday, 14 February 2017

South West Sports Centre gym upgrade about to begin

It's out with the old and in with the new at the South West Sports Centre as preparations ramp up for a major upgrade of the gym.

Most of the ageing equipment is being replaced with the latest fitness apparatus, while the RPM room will receive all new bikes and the group fitness centre will also benefit from the latest equipment as part of a \$750,000 upgrade.

The South West Sports Centre has entered into a lease with Alleasing that will also include the removal of old equipment and maintenance of new apparatus.

The lease period is four years for cardio equipment, such as bikes and treadmills, and six years for strength equipment, with a total estimated cost of \$755,584.

While some equipment has already been delivered and is being enjoyed by centre patrons, the major work will get under way from February 27.

Manager Sport and Recreation John Kowal said the gym would be closed for a short period while the upgrade took place.

"The gym will be closed from February 27 to March 4 while we undertake this significant upgrade, which will include repainting, new carpet and of course new equipment," Mr Kowal said.

"The new equipment is central to the upgrade and is virtually a complete turnover of our current apparatus. We will also include some extra high demand equipment plus include some speciality machines we haven't had in the past.

Although members and regular users of the gym may miss out on their regular workouts for a short period, staff will be on hand to help patrons with any membership queries during the revamp.

"We are sure customers will be impressed with the final result and will benefit from this major transformation," Mr Kowal said.

"The centre's RPM room will also benefit from a revamp with a colourful combination of exercise bikes replacing the current equipment."

The gym upgrade follows a recent \$35,000 makeover of the centre's café.

ENDS

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