



Exercise4less, Wakefield

Introduction

Exercise 4 Less is a new health and fitness club concept aimed at widening participation by reducing membership costs to a minimum. The Wakefield scheme is the first of several to be developed over the next few years.

Approach

Close to the City Centre and on a primary arterial route the Wakefield scheme is ideally located for its targeted membership. The former bulky goods retail store has been re-branded and fitted out to form a new 22,000 sq ft enterprise.

The main fitness zones are located within the former sales area, providing a large open space ideal for the extensive range of exercise equipment provided. A separate 2,400 sq ft Studio space catering for aerobics and other group activities is located to the side of the main fitness area.

New changing room facilities together with new WCs and showers catering for up to 400 people are planned to the rear of the unit. Full accessibility to all users is provided throughout and the club utilises the latest technology in access arrangements providing a safe and secure environment.

Quick Facts

- + Project completed 2010
- + 22,000sq ft development
- + Including 2,400sq ft 'Studio'
- + Highly successful start for this new brand
- + Further units in the pipeline

Contact details

For more information regarding this project please contact Simon Smithson.

simon@thinkarchitectureanddesign.com

think architecture+design