

Welcome Pack

Fitness24

After Work Routine

When your employees drop into Fitness 24, they aren't just burning calories—they are completely changing how they feel before they go home.

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The Dual-Floor Mental Reset Zone

Employees carry a massive amount of mental stress out of the office.

Workplace Anxieties

Heading straight home keeps their brains trapped in a loop of unread emails and workplace anxieties, leading directly to burnout.

Commercial Chaotic

We engineered our Brook Street facility over two spacious floors to completely reject the chaotic, overcrowded layout of budget commercial chains.

This allows local professionals to easily find a quiet, private pocket of gym space to vanish into after a hard shift.

The spatial layout of Fitness 24 forces total present-moment concentration, wiping the employee's mental slate entirely clean before they walk back out to our free private car park.

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Always On

Burnout Dilemma

The landscape of remote work, hybrid models, and constant digital connectivity, employees suffer from an “always-on” culture.

Technology allows work to follow staff everywhere, meaning they struggle to mentally turn off at the end of the day.

The Physical Boundary

Offering 24/7 unrestricted access provides a concrete “recovery space” outside of the home or office.

It gives your team a designated location to put down their phones, log out of work emails, and transition safely from a high-stress state into personal decompression.

When wellness is convenient, your team will use it.

By removing the daily hassles of parking and changing, you make it easy for your staff to look after physical and mental health, directly translating to **wellbeing**, a boost in workplace morale, and daily performance.

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