

## ACCESSIBLE AND HIGHLY FUNCTIONAL TRAINING

A training location suitable for all ages, developed with a specific focus on active seniors. It offers an effective training space for the elderly, complete with social facilities for breaks and interaction.

This site also provides therapists, and other health specialists, access to equipment that is comparable to what they normally work with in their professional settings.

### ACTIVITY TYPE

Cross & Circuit Training

### PRODUCTS

Workout Systems  
Cross Systems  
Adjustable Equipment

USER GROUP	NO. OF USERS	SURFACING ZONE	MIN. NO. OF EXERCISES IN APP
SPORT & FITNESS, ACTIVE AGEING	25	208.4M <sup>2</sup>	170

### SKILLS

	1	2	3	4	5
Strength	●	—	—	—	●
Coordination	●	—	—	—	●
Endurance	●	—	—	—	●
Flexibility	●	—	—	—	●
Agility	●	—	—	—	●

All prices exclude VAT. Subject to change without prior notice

# CROSS TRAINING

## FSP302

On Tarmac: £50,000  
On Grass: £58,000



SPORT & FITNESS



ACTIVE AGEING