10 years ago, Frank McKenna was involved in a very bad accident that led to a debilitating injury. Like most in his position, Frank spiralled downward into poor health and bad habits. This made Frank’s rehabilitation take longer than it should have. Realising that he was the cause of his poor health, Frank decided then and there that he was going to make a profound change and get into better shape than he has ever been.

As with most people, Frank started with the internet. He spent days trying to discover the best way to start. As with most people, Frank found mostly empty promises, unbacked science and marketing to the same old workouts. At this point, he decided that he was not going to waste any more time online and go back to the basics. Frank had joined one of the local gyms and started with a basic workout. While there, Frank took advantage of the free consultation on offer with his membership. That is where he met Kate. Kate took a look at his plan, adjusted it and set-up a diet that Frank could easily follow. Armed with his new regime, Frank made great strides in losing weight and getting fit again. It wasn’t long before he was adjusting his plan himself. Using the knowledge he acquired from his early searches, Frank was able to fine-tune the plan to enable him to reach his goals faster.

Frank had been bitten by the bug. Frank loved fitness so much he attained a degree and starting consulting himself. While attaining this degree, Frank called on Kate for knowledge. During this time they got very close. Upon obtaining his degree, Frank and Kete worked closely with each other, often stepping in for each other when the other was unable to make an appointment. Frank’s beginning in this journey gave him a better understanding of what his clients are going through and how the challenges will affect them. This understanding is what makes him so successful at helping his clients over their hurdles and attaining their goals.

It wasn’t long before Frank had an idea. Frank wanted to open a gym where his clients could work out their routines that He and Kate provide with the aid of a helpful and friendly staff. Frank and Kate found the perfect spot for the gym, an empty shed out the back of a local shop. A few years on and now married to each other, The Gym is thriving. They have expanded their services and into the surrounding buildings to add and/or upgrade the existing equipment. The expansion has allowed for The Gym to hire more staff, ensuring that you get the same service and attention that Frank and Kate both provided before they started the gym and since then.

At the Gym, we do not believe that a gym should be perfect or trendy. We believe that it should be able to facilitate your needs and provide you with the support you require to meet and maintain your goals. We rise to meet those standards every day so you can keep yours or raise them. So, come on in and give us a try. We offer a free one week trial to all potential first-time members. As soon as you spend some time with us, we are confident that you will want to stay.