



Track My Gym

every workout *counts*

ASVZ Polyterrasse Dec 2024

Study Analysis

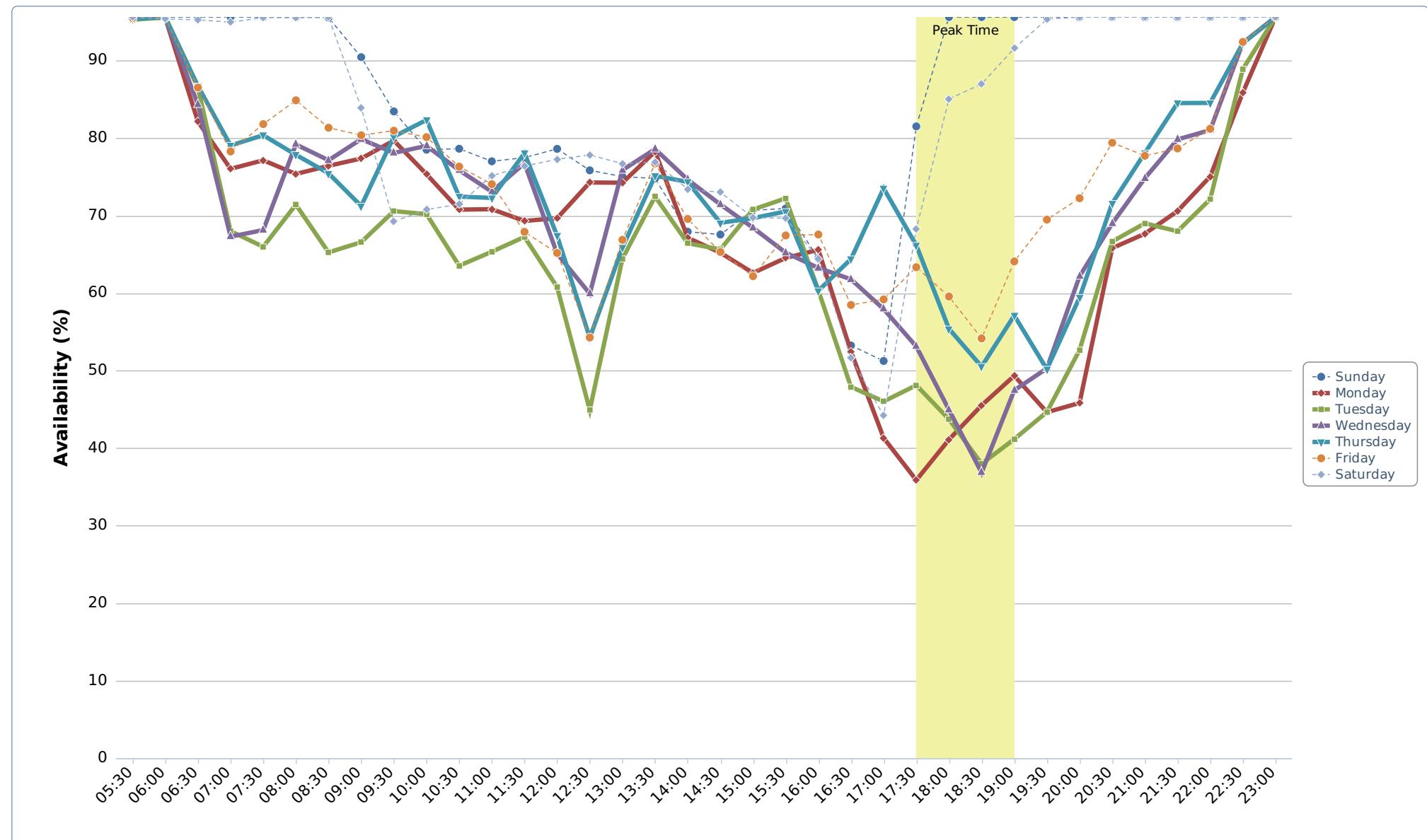
04/12/2024 - 10/12/2024

ASVZ

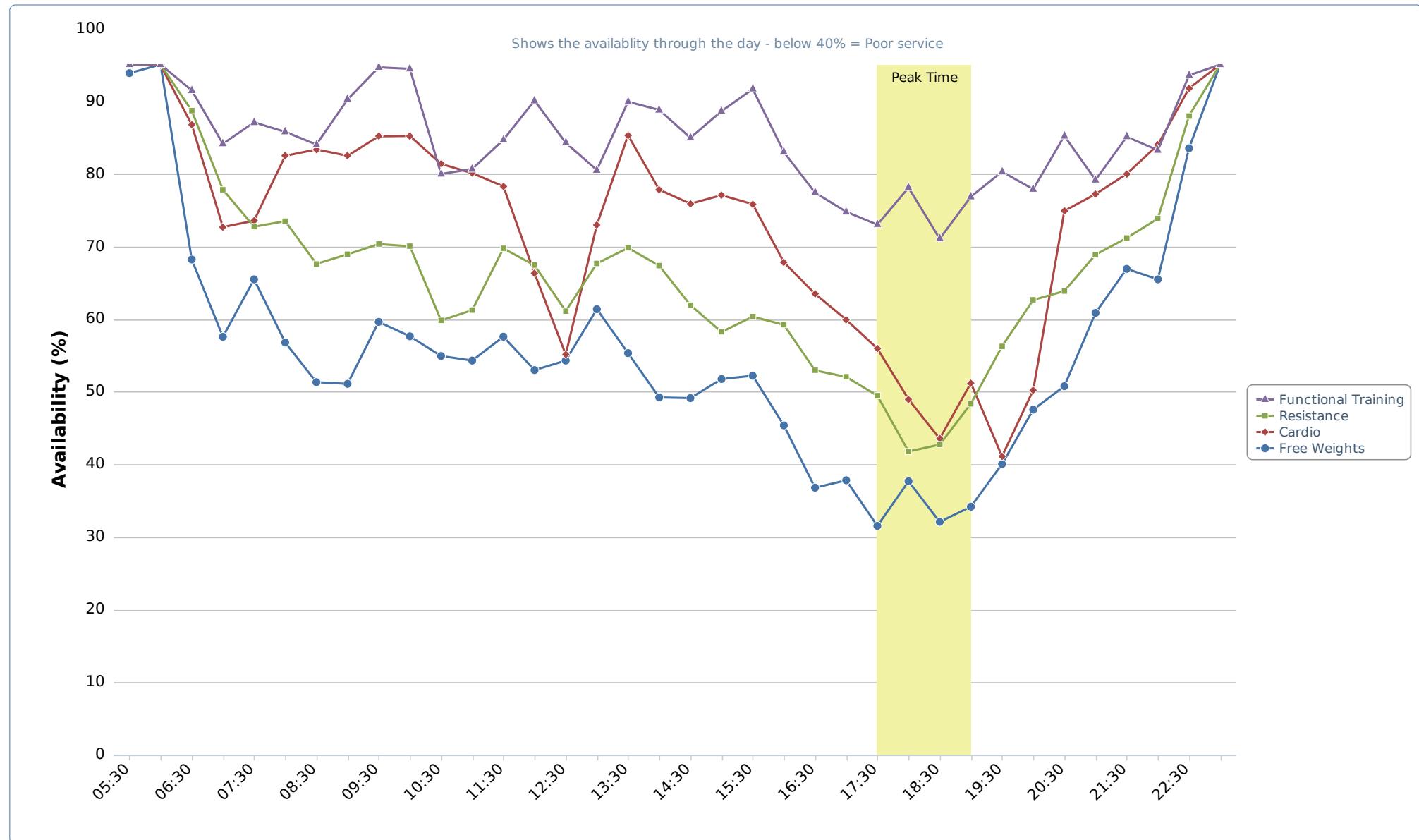
400Z

Equipment Availability (per day)

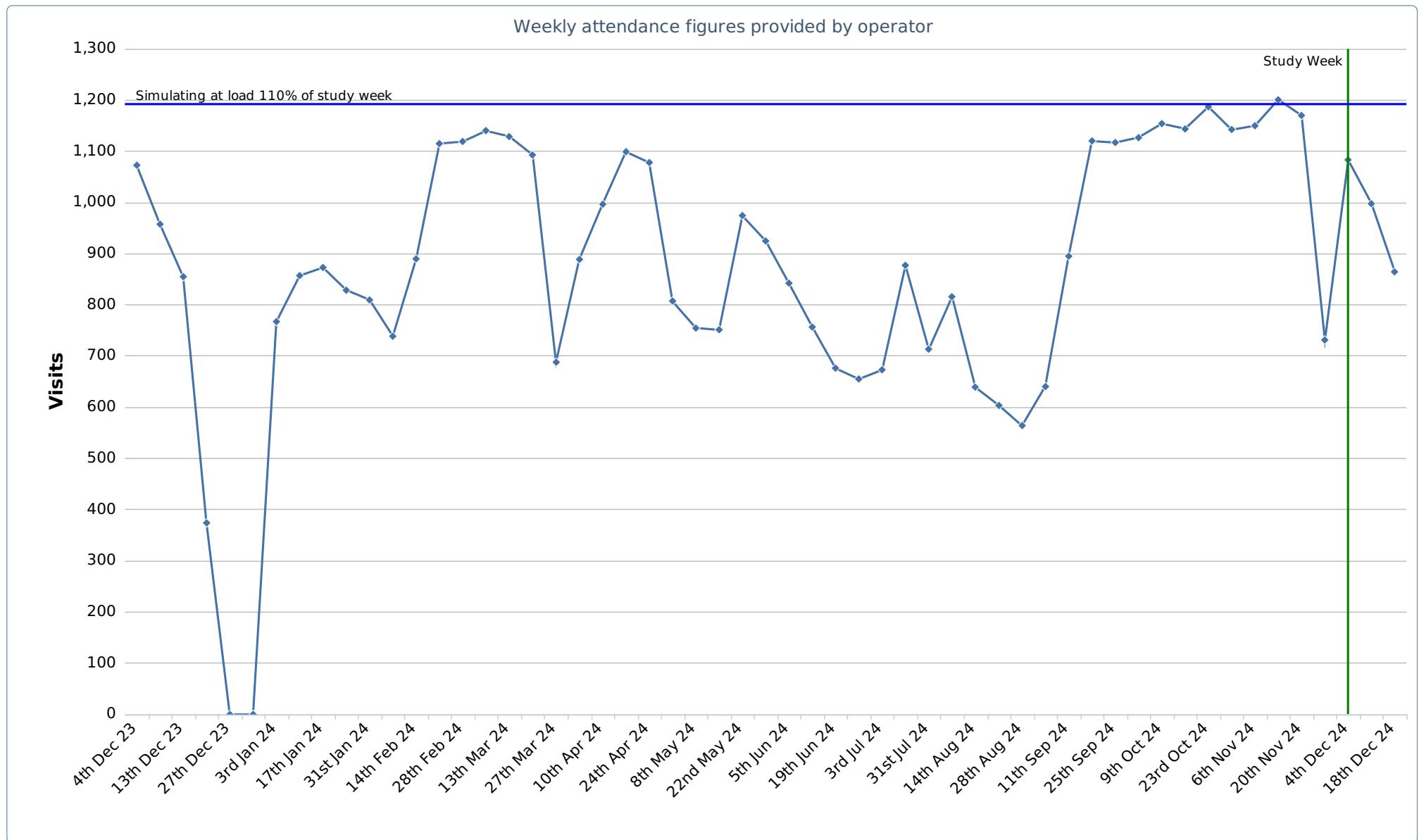
Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Equipment Availability (by time of day)



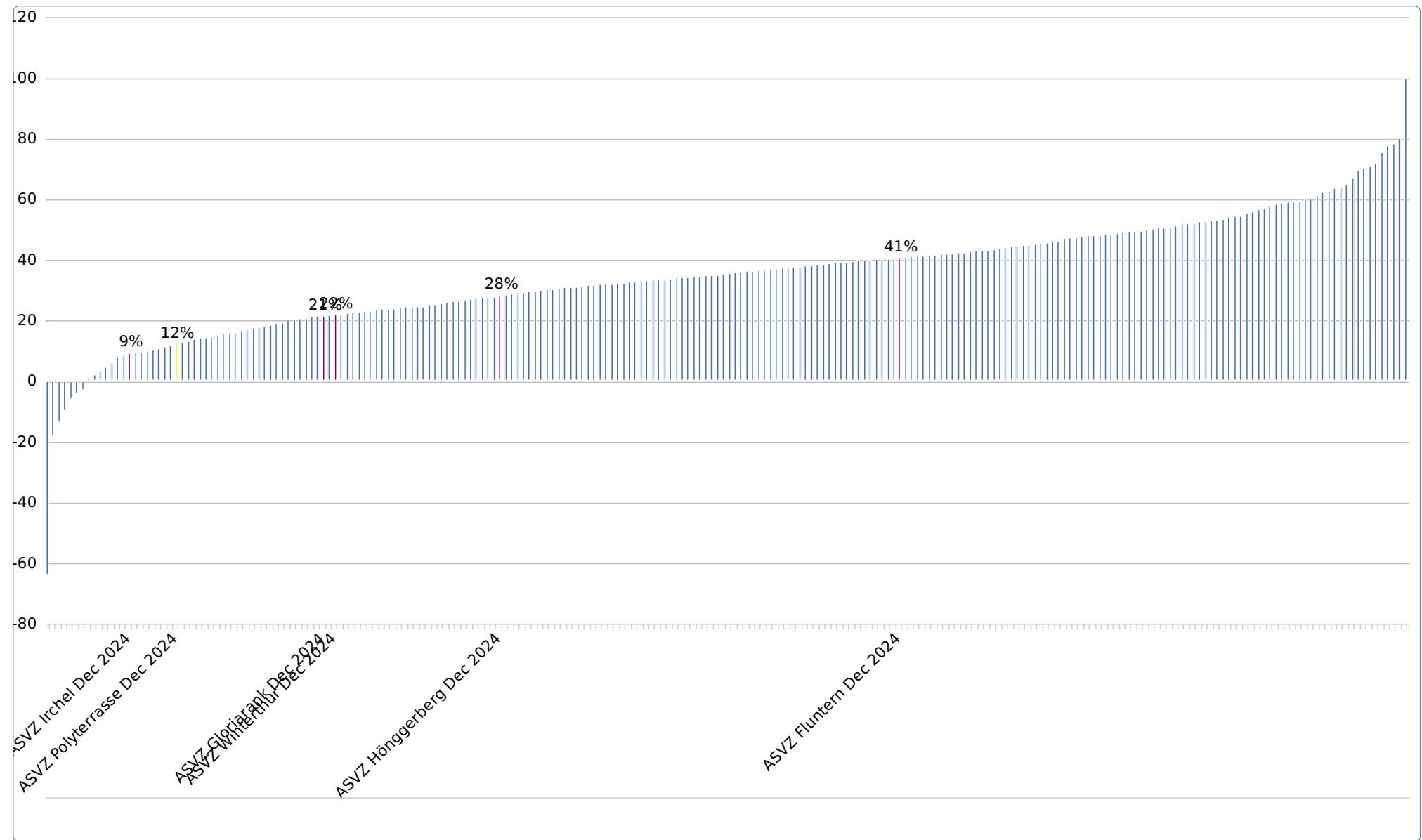
Weekly Attendance Figures



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Consolidated NPS

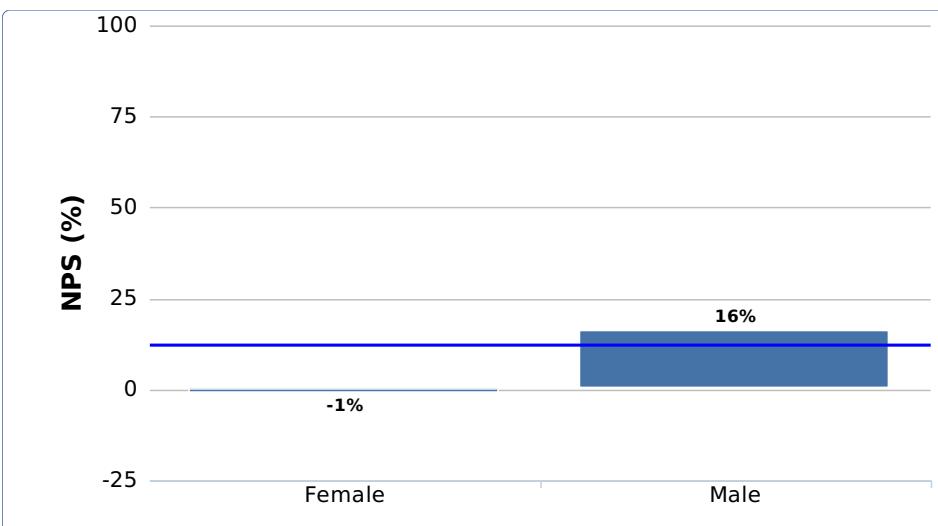
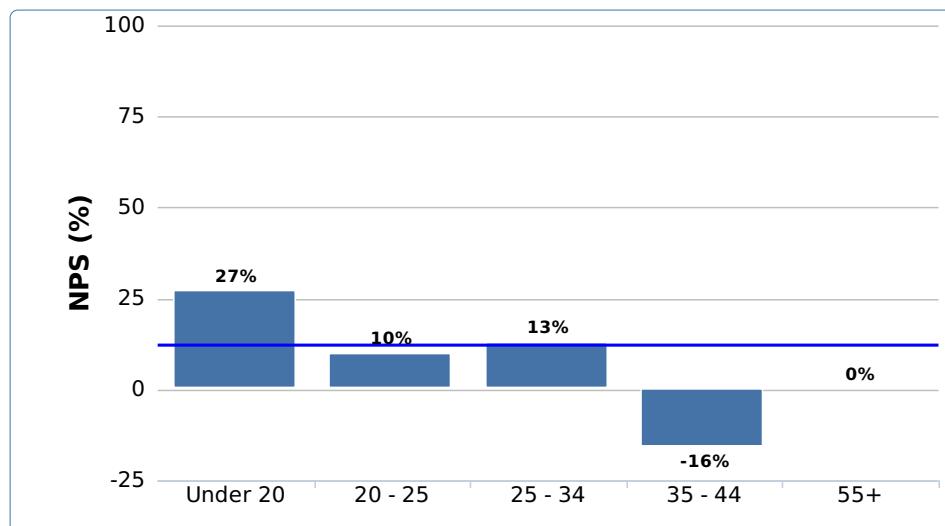
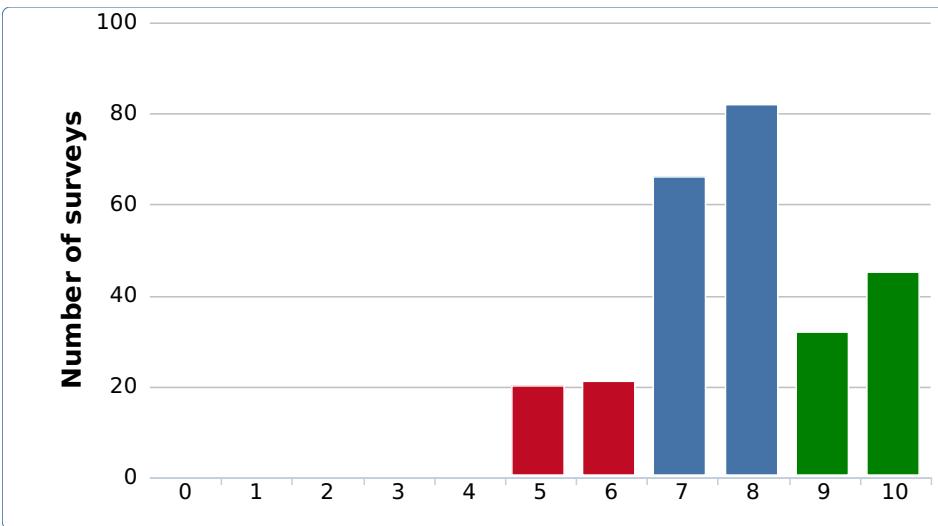
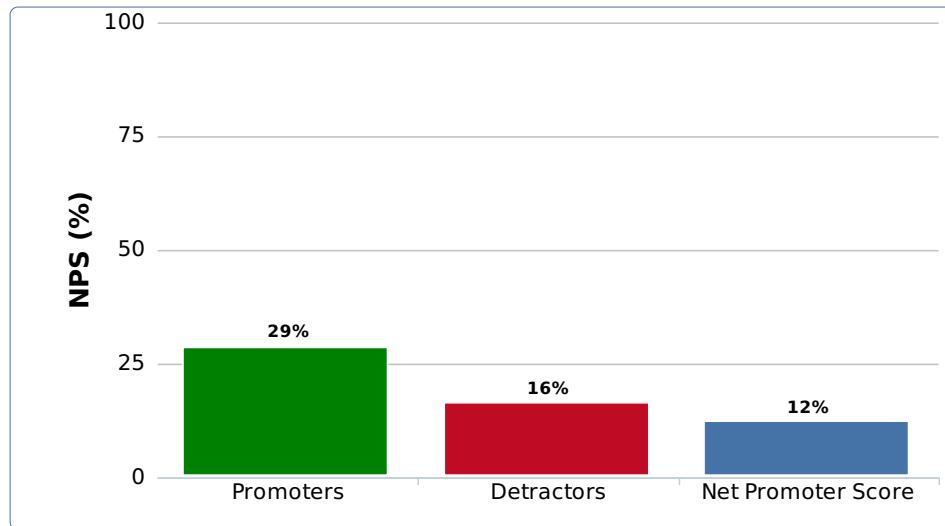
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NPS Dashboard

Surveys: 269, Male: 205 (76%), Female: 64 (24%)



Weighted Averages



5 Steps of the Lean Cycle

'Lean Thinking' is used by companies to focus is on customer value. The ultimate question is;
'If customers had the choice to pay for something or not, would they?'

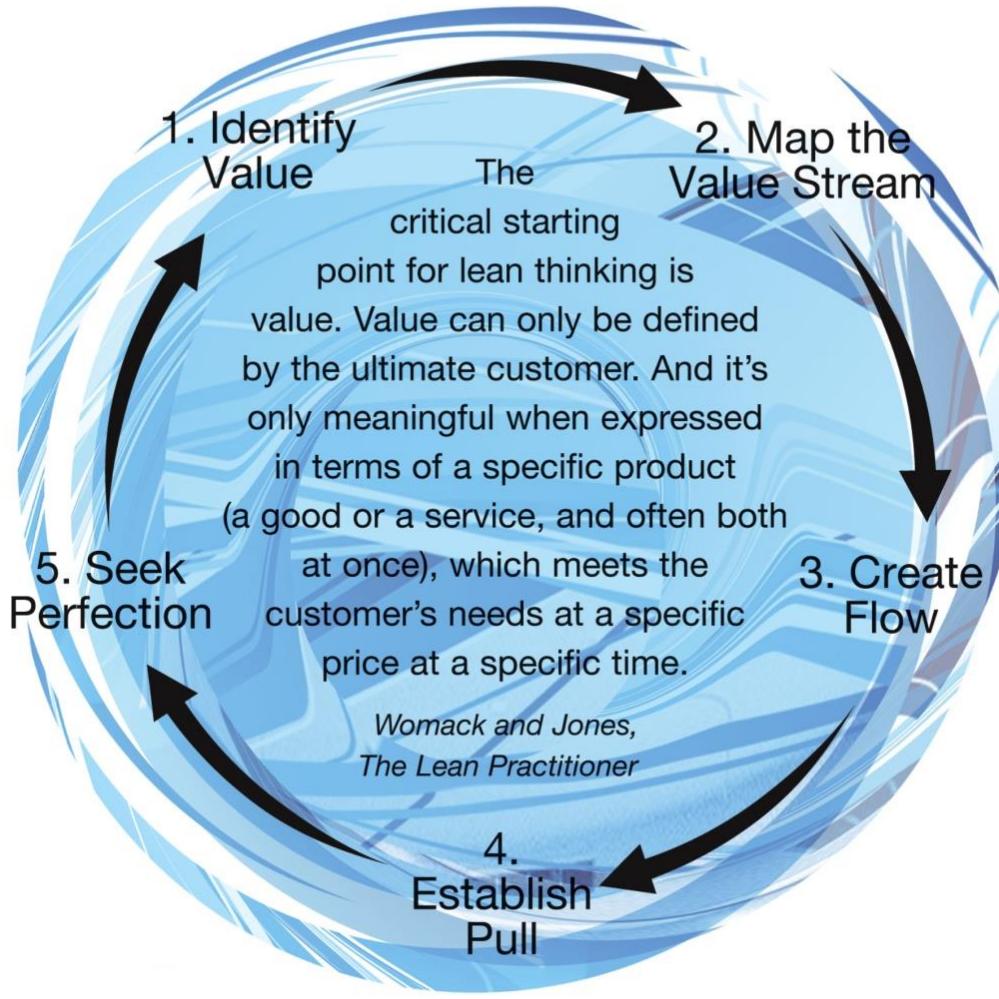


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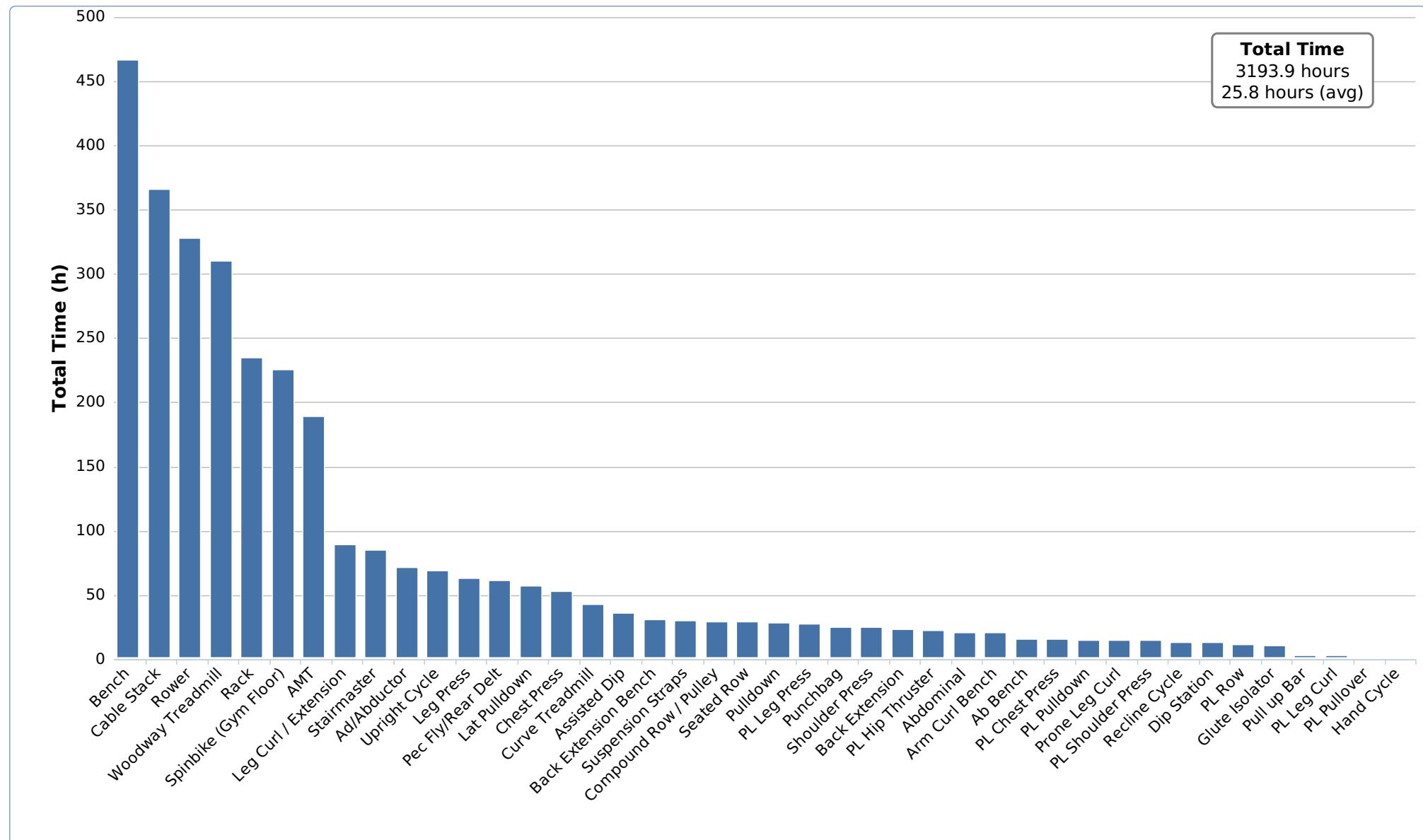
Step 1 of the Lean Cycle: Identify the Value

- Specify value from the customers view
- Total time on equipment shows the value customers are receiving from different equipment types.
- Imagine the gym is ‘Pay as you use’ - Customers pay £1 per hour used - Total Time graph shows what income model for the gym would look like for the week.
- Asking customers what their favourite equipment types are also identifies what equipment they value. The different colours represent the value they receive.
- Asking what customers like and don’t like about their gym also identifies value.

Total Time

Time Filter: 05:30 to 23:30

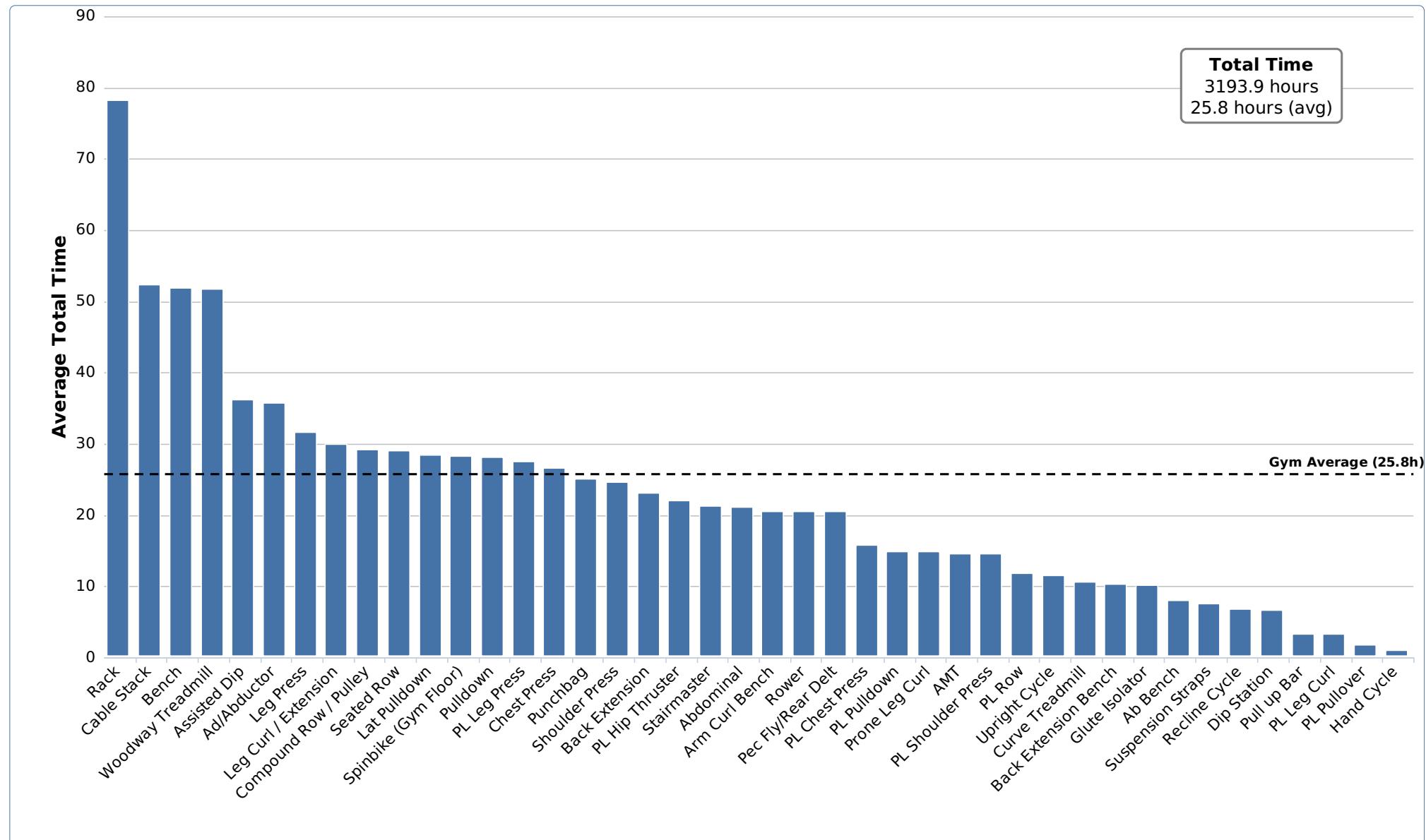
Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Avg Total Time

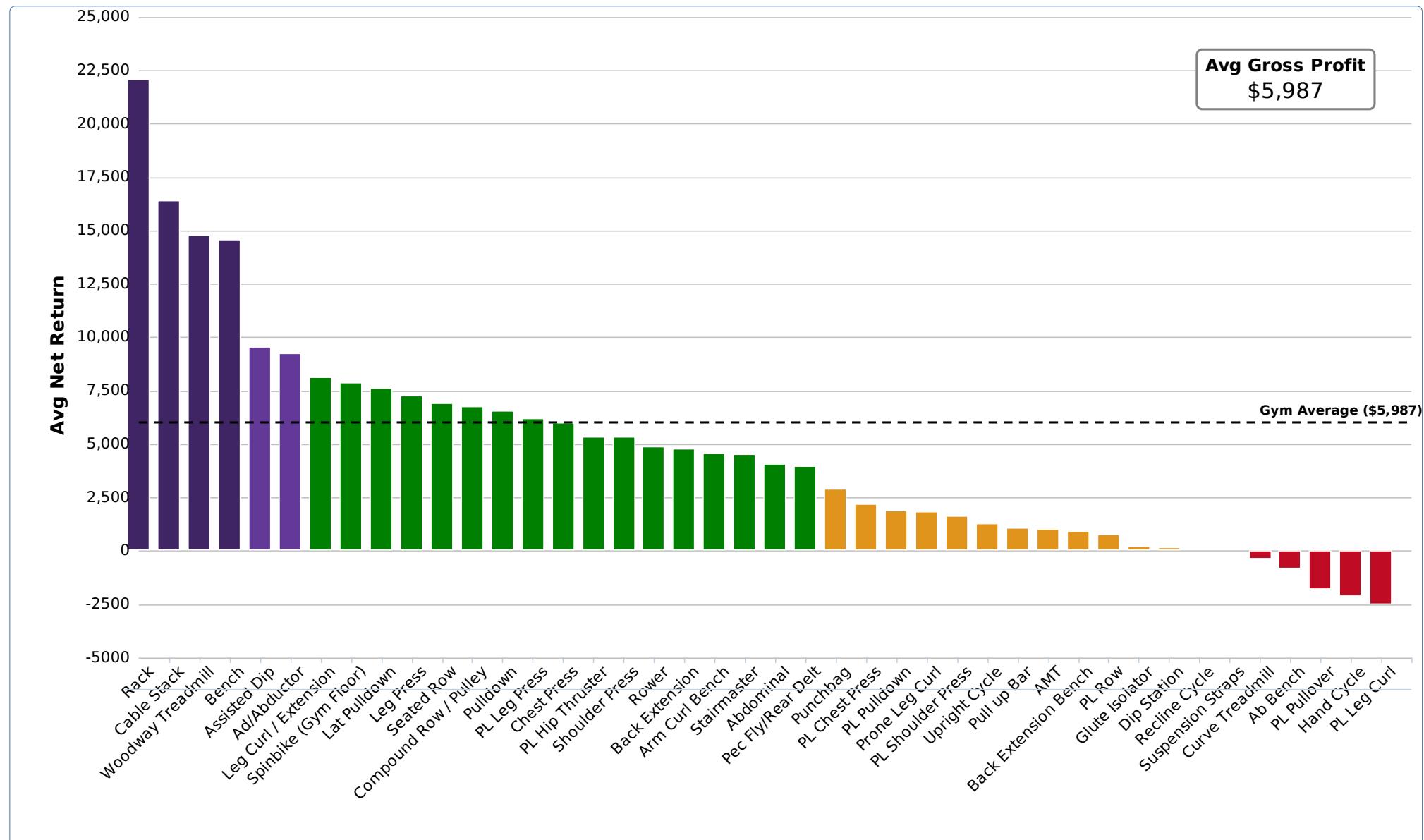
Time Filter: 05:30 to 23:30

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Avg Annual Return on Investment

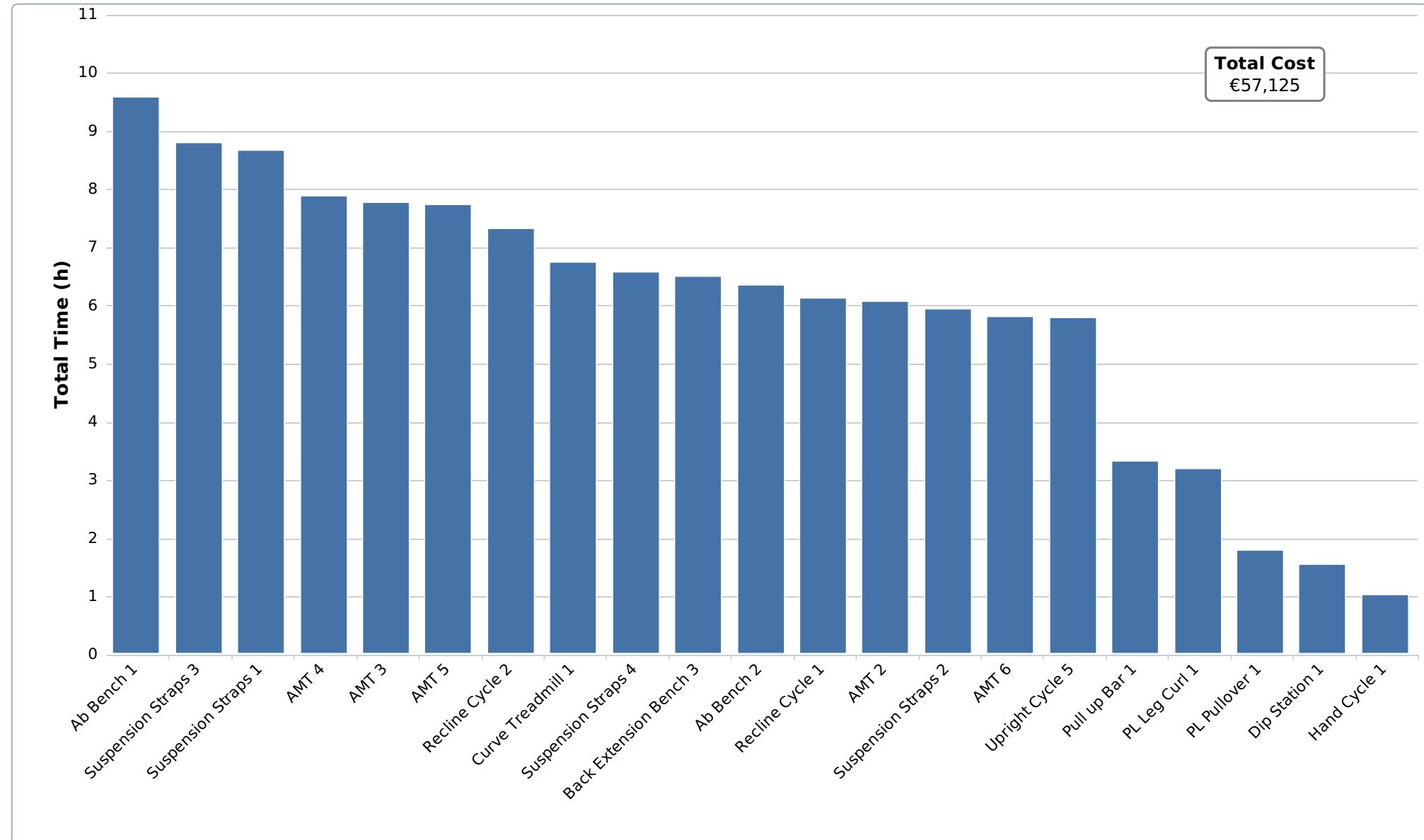
1.4 visits per week, 40.0 mins per visit, \$25.0 membership fee, \$55.0 Rent, Energy, Staff cost per undefined



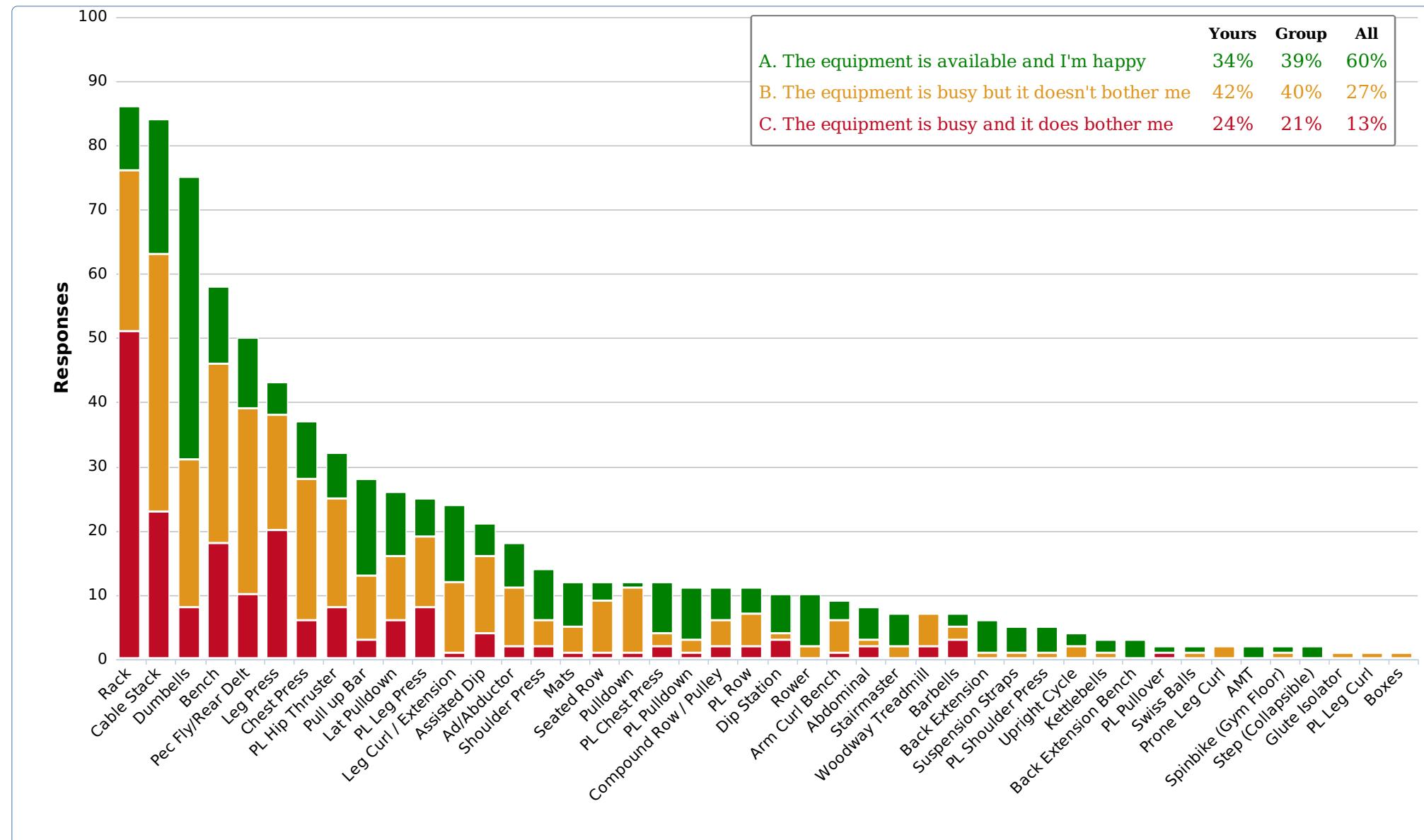
Total Time < 10 hrs

Time Filter: 05:30 to 23:30

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



ABC Responses

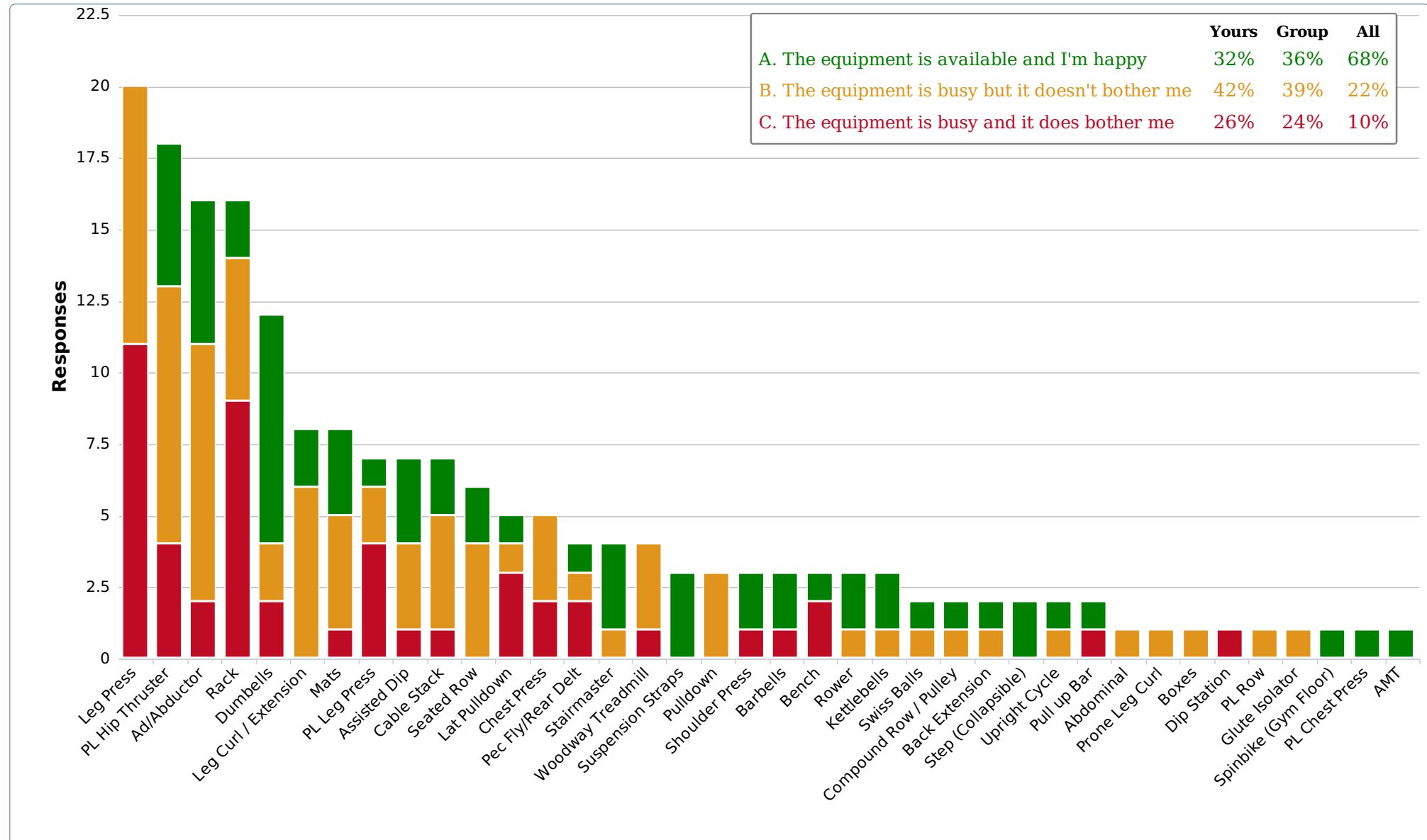
 Time Filter: **05:30** to **23:30** Amount of surveys: **269 (100%)**


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ABC Responses (Females)

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Time Filter: 05:30 to 23:30 Amount of surveys: 64 (24%)

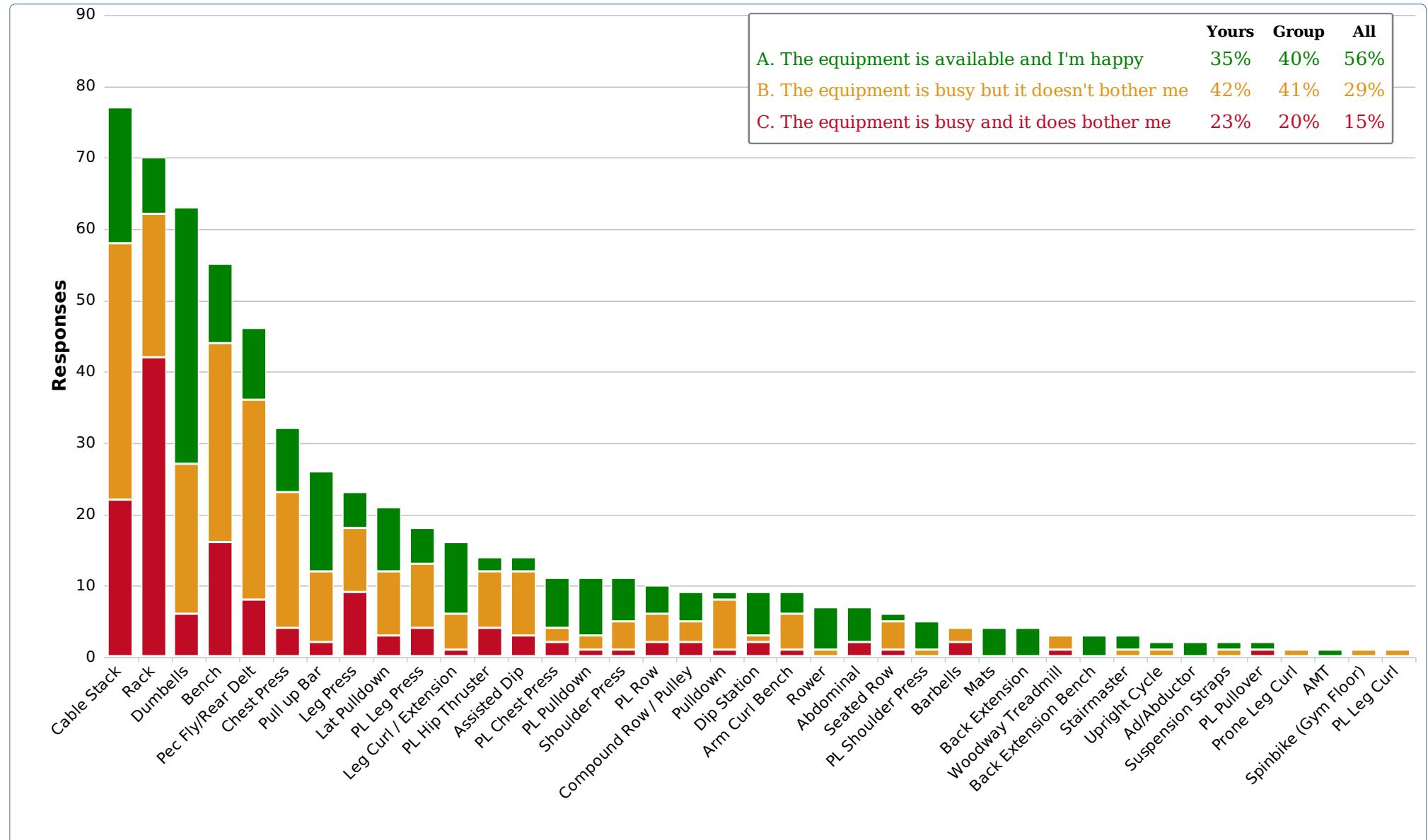


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ABC Responses (Males)

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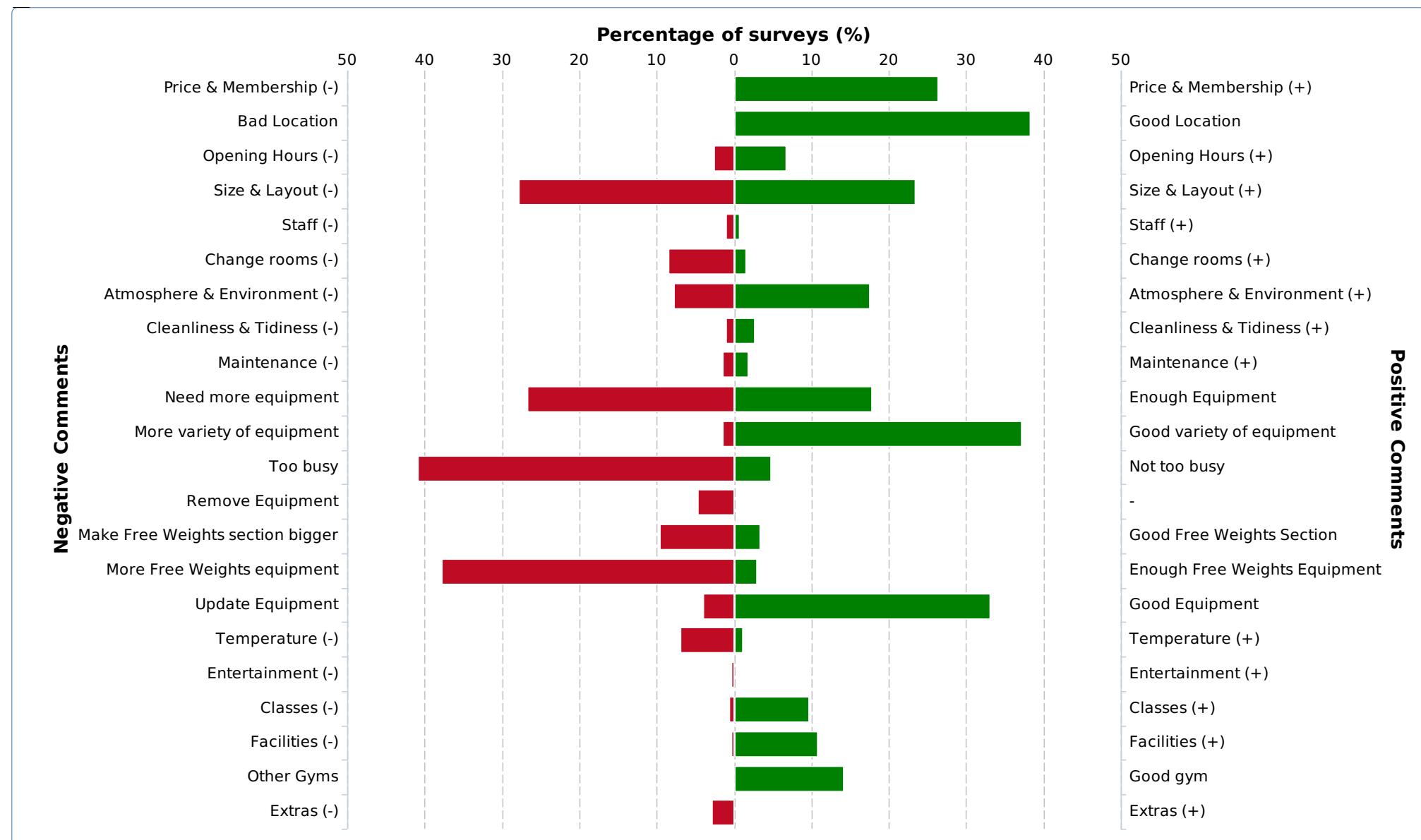
Time Filter: 05:30 to 23:30 Amount of surveys: 205 (76%)



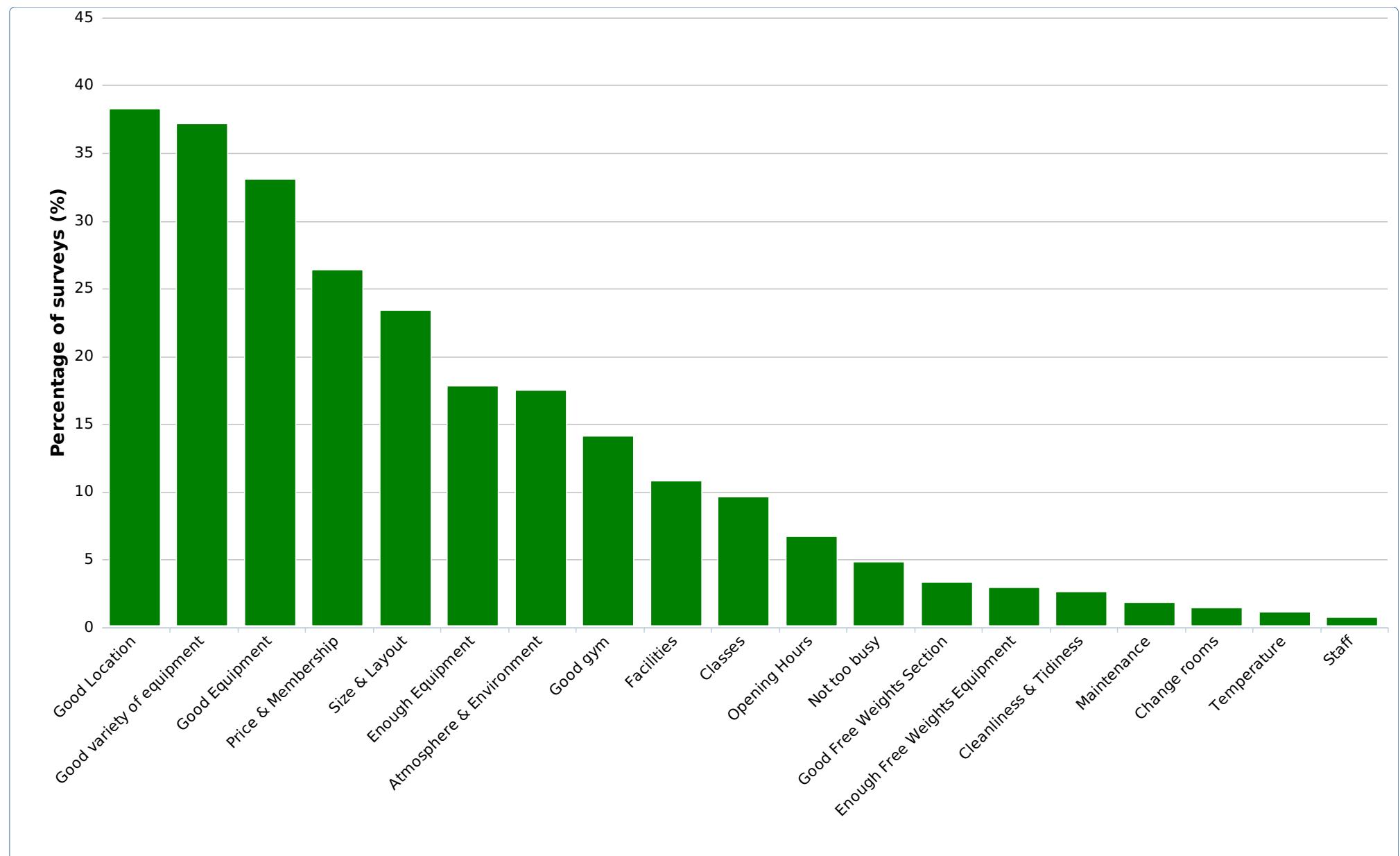


Step 2 of the Lean Cycle: Map the Value Stream

- Identify all the steps in the value stream, eliminating, whenever possible, anything that does not create value.
- As the customers arrives at the gym and moves through their activities this is their value stream.
- On the gym floor customers Value Stream is them moving themselves around the gym floor using the gyms equipment.
- This is their gym floor stream of value - Think of pac man! ☺



Positive Comments



Good Location (38%)		Tally (103)
Good location	26	
Close to university	24	
Convenient location	21	
Easy to access	11	
Close to home	11	
On campus	3	
Central	3	
Close to work	2	
Near where I live	1	
Convenient	1	

Good variety of equipment (37%)		Tally (100)
Good variety of equipment	74	
Got everything I need	16	
Lots of different equipment	4	
Good selection of equipment	2	
Good variety of free weights	2	
Lots of machines	1	
Boxing area	1	

Good Equipment (33%)		Tally (89)
Good free weights equipment	29	
Good machines	21	
Decent equipment	8	
Heavy dumbbells	8	
Good equipment	5	
New equipment	3	
Basic	3	
Good quality equipment	2	
Modern equipment	2	
Good resistance equipment	2	
Leg equipment	1	
Hammer strength equipment	1	
Like the rowers	1	
Machines on top floor are modern	1	
Stretching equipment	1	
Prefer pec fly downstairs	1	

Price & Membership (26%)		Tally (71)
Free membership	27	
Cheap	18	
Multiple gyms available	13	
Affordable	8	
Can use all gyms	3	
Can go to all other gyms	2	

Size & Layout (23%)		Tally (63)
Like different rooms	15	
Spacious	11	
2 floors	8	
Big	6	
Good stretching area	5	
Good functional space	5	
Like mats area	3	
Good layout	3	
Like the layout	3	
Good size	2	
Easily accessible	1	
Decent size	1	

Enough Equipment (18%)		Tally (48)
Lots of equipment	26	
Lots of cardio	6	
Well equipped	4	
Can usually get on equipment	3	
Enough equipment	3	
Duplicate machines	2	
Enough cardio	1	
Equipment always available	1	
Can always get on equipment	1	
Lots of cables	1	

Atmosphere & Environment (17%)	
	Tally (47)
Good atmosphere	10
Friends come here	6
People are respectful	3
People are friendly	3
Nice environment	3
Good vibe	3
Friendly atmosphere	2
Natural light	2
Sociable	2
Friendly	2
Better lighting , stretching areaav	1
Diversity	1
People are helpful	1
Not full of posers	1
Feel comfortable here	1
Good mix of ages	1
Good colour choice of gym	1
Nice members	1
Nice people	1
Community	1
Positive environment	1

Good gym (14%)	
	Tally (38)
Good gym	9
Satisfied	8
Best gym in area , uni	7
Has everything I need	4
Happy with the gym	3
Easy to use	3
Simple	1
Professional	1
Modern	1
Have recommended the gym	1

Facilities (11%)	
	Tally (29)
Good facilities	21
Like basketball court	5
Good variety of facilities	1
Like bar and restaurant	1
Handballl	1

Classes (10%)	
	Tally (26)
Good classes	13
Good variety of classes	10
Good spin classes	1
Lots of classes	1
Good variety of classes combat , basketball	1

Opening Hours (7%)	
	Tally (18)
Good opening hours	16
Open on weekend	2

Not too busy (5%)	
	Tally (13)
Not too busy	11
Not too crowded	1
Not too busy in the morning	1

Good Free Weights Section (3%)	
	Tally (9)
Plate loaded machines	8
Good free weights section	1

Enough Free Weights Equipment (3%)	
	Tally (8)
Lots of dumbbells	5
Lots of benches	2
Lots of squat racks	1

Cleanliness & Tidiness (3%)	
	Tally (7)
Clean	5
Clean and tidy	2

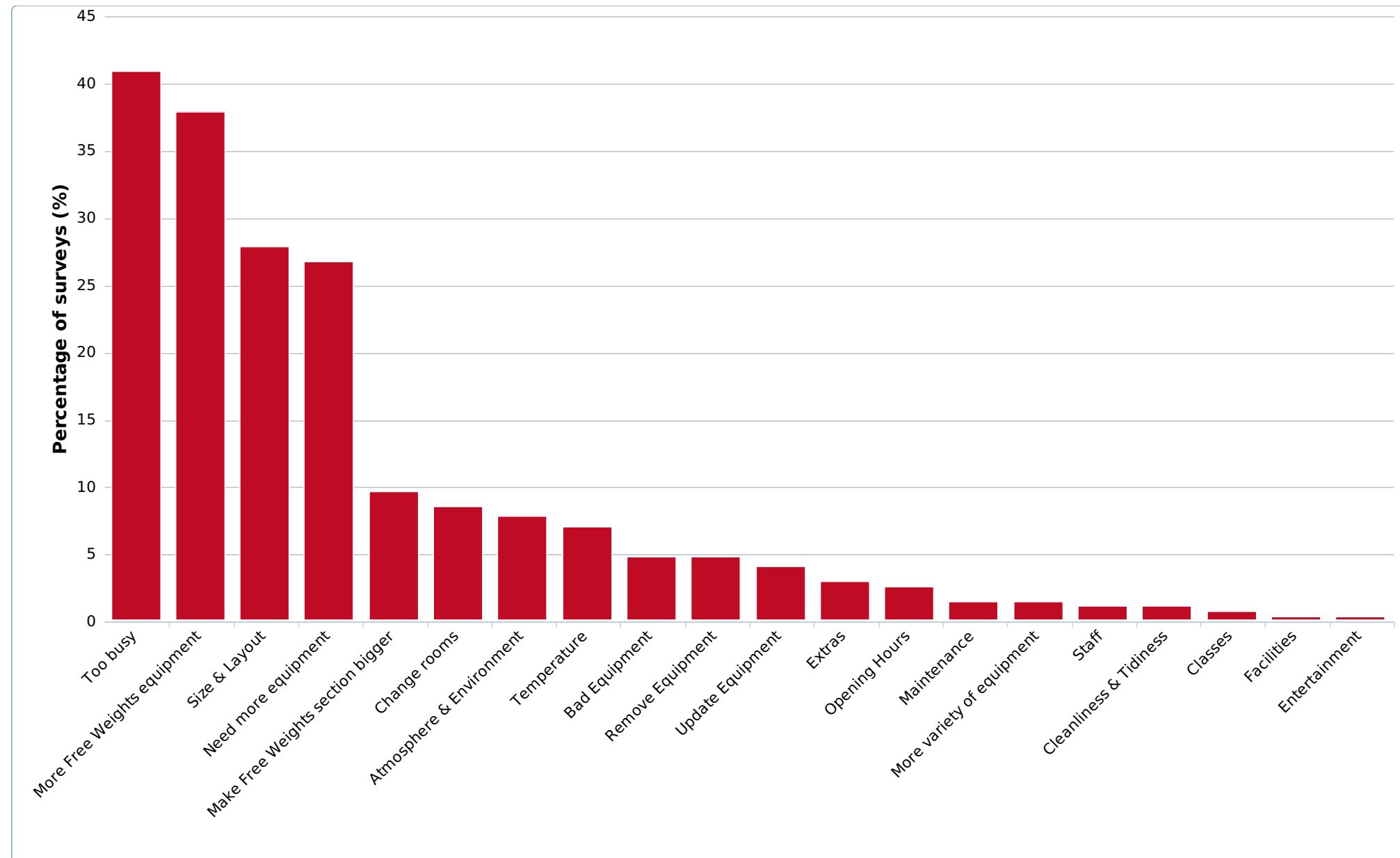
Maintenance (2%)	
	Tally (5)
Well maintained	5

Change rooms (1%)	
	Tally (4)
Locker rooms good	2
Nice changing rooms	1
Good change rooms	1

Temperature (1%)	
	Tally (3)
Good aircon	2
More ventilation than Gloriarank	1

Staff (1%)	
	Tally (2)
Staff are friendly	2

Negative Comments



Too busy (41%)		More Free Weights equipment (38%)		Size & Layout (28%)	
	Tally (110)		Tally (102)		Tally (75)
Gets too crowded	42	More squat racks	30	Make it bigger	22
Too busy	21	More racks	21	More space	18
Can be too busy	14	Add Smith machine	12	Too small	9
Too busy at peak	10	More benches	9	Equipment is too close together	6
Gets too crowded at peak	7	More free weights equipment	5	Make a bit bigger	2
Over crowded	4	More barbells	4	Another room	2
Too many members	2	More mid range dumbbells 10 - 20kgs	2	Bigger mats area	1
Less people	2	Add t bar row	2	Seperate area	1
Can get busy	1	Add hack squat	1	Somewhere for the boxing bag	1
Gets too busy	1	Add more 1.25 plates	1	Low ceilings , free weight area cannot do pull ups	1
Over crowded in resistance area	1	Heavier dumbbells	1	Low ceilings in free weight section	1
Too busy 4-6	1	Old machines , free weights missing rubber grips	1	More space between machines and free weights	1
Gets too crowded , cardio , free weights	1	Missing dumbbells 26-27	1	Dislike layout	1
Too busy at peak times	1	More platform racks	1	Bigger functional training area	1
Gets too crowded , resistance area	1	Add flat bench racks	1	More space for functional training	1
Too many people	1	Heavier dumbbells, up to 50kgs	1	More space for stretching	1
		Add more plateloaded equipment	1	Could be bigger	1
		More thicker barbells	1	More space between equipments	1
		Add more plateloaded equipment, update	1	Add stretching downstairs and bring free weights upstairs	1
		More dumbbells	1	Another room , calisthenics	1
		More lighter weight dumbbells	1	More rooms	1
		More hammer strength	1	Cramped layout	1
		Add flat bench rack	1		
		Better plates	1		
		More weight plates	1		

Need more equipment (27%)	
	Tally (72)
Have to wait for equipment	22
Double up on popular resistance machines	8
More cables	7
Sometimes have to wait for equipment	5
More attachments for cables	3
Get more leg machines	3
More pull up bars , different levels	3
More resistance machines	3
More weight belts	2
More rowers in different areas	2
Attachments for cables missing	1
More bands	1
Add pec fly/rear deltoid	1
Need more equipment	1
More boxes	1
More lateral pulldowns	1
Spikey ball	1
More back machines	1
Can't get on equipment	1
Add another back extension bench	1
More boxes , higher	1
Have to wait for cycles	1
More stairmasters	1
More treadmills	1

Make Free Weights section bigger (10%)	
	Tally (26)
Make free weights section bigger	21
Bigger free weights area	4
More ez bars	1

Atmosphere & Environment (8%)	
	Tally (21)
Capacity limit	2
Update decor	2
Dark stretching area	1
Dull	1
Need more natural light	1
People just wearing socks	1
Remove lockers and add machines	1
No natural light	1
Small rooms	1
Hard to find machines	1
People grunting/making loud noises	1
Add windows	1
Live tracker	1
Add ceiling in resistance area	1
People drop weights	1
Free weights area dark	1
No windows	1
A bit dark	1
Can't use chalk	1

Change rooms (9%)		Tally (23)
Bigger change rooms	7	
Upgrade change rooms	3	
Shower heads could be higher	2	
More showers	2	
Showers need updating	2	
Change rooms too small	2	
Update change rooms	1	
Add more lockers	1	
Everyone leaves there's stuff in changing room which is forbidden	1	
Install private showers	1	
Lockers too small	1	

Temperature (7%)		Tally (19)
Better ventilation	12	
Too hot	2	
Some rooms are hot	1	
Better ventilation in cardio room	1	
Improve air con	1	
Bad aircon	1	
Open the windows	1	

Bad Equipment (5%)		Tally (13)
Bad techno gym	3	
Friction tape , or lower bar staggered pull up bar	1	
Pull up bar slippery	1	
Better pull up bar , slippery	1	

Update free weights equipment	+
Bad leg extension and leg curl	1
Bad leg extension/ curl	1
Pull up bar is slippery	1
Bar in the middle is too thin	1
Pl row	1
Better dumbbells, can't see weight	1

Remove Equipment (5%)	
	Tally (13)
Remove pl leg extension	3
Remove pl abdominal	2
Remove leg curl/ extension	2
Treadmills in the centre , want normal	1
Remove prone leg curl	1
Remove some machines , ab crunch	1
Less resistance machines	1
Remove some cardio	1
Remove pullover	1

Update Equipment (4%)	
	Tally (11)
Old equipment	4
Update equipment	2
Update cable attachments	1
Update older equipment	1
Old machines in free weight area	1
Need better quality benches	1
Equipment needs updating	1

Extras (3%)	
	Tally (8)
Application tracking	4
Instructional videos	1
Signs for where the different rooms	1
Application qr codes don't work	1
To see how busy it is in the app	1

Opening Hours (3%)	
	Tally (7)
Longer opening hours	4
Open earlier	1
Longer weekend opening hours	1
Stay open later at weekends	1

Maintenance (1%)	
	Tally (4)
Improve maintenance	3
Pec fly has a lot of slack	1

Staff (1%)	
	Tally (3)
Staff need to advise for health and safety	1
More staff around to give assistance	1
Staff to teach how to use the machines Instead of qr codes	1

Cleanliness & Tidiness (1%)	
	Tally (3)
Dumbbell organisation	2
Smells sweaty	1

Classes (1%)	
	Tally (2)
Classes are overbooked	1
Class bans too strict	1

Facilities (0%)	
	Tally (1)
Add sauna and steam	1

Entertainment (0%)**Tally (1)**

Make music louder

1

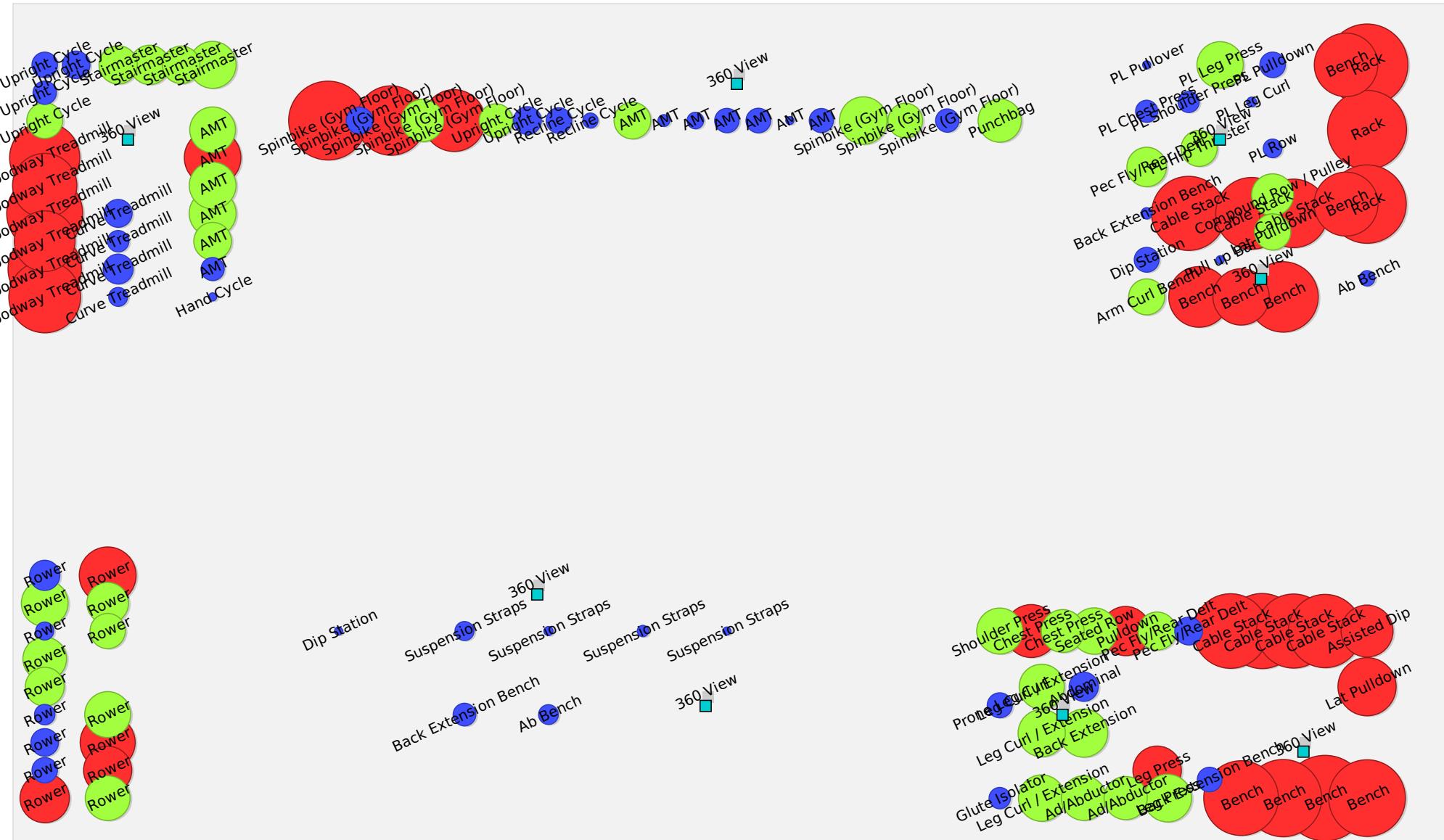


Step 3 of the Lean Cycle: Create Flow

- Eliminate anything that will stop the customer being able to easily flow through their value stream.
- Equipment bottlenecks are the primary cause of customers not being able to use the equipment they want, when they want, and preventing ‘flow’
- Removing equipment congestion creates ‘flow’
- When customers find themselves unable to use equipment, because other customers are occupying it, their ‘value stream’ stops ‘flowing’, they can no longer access ‘value’ from the gym and there is a sharp drop in their satisfaction.

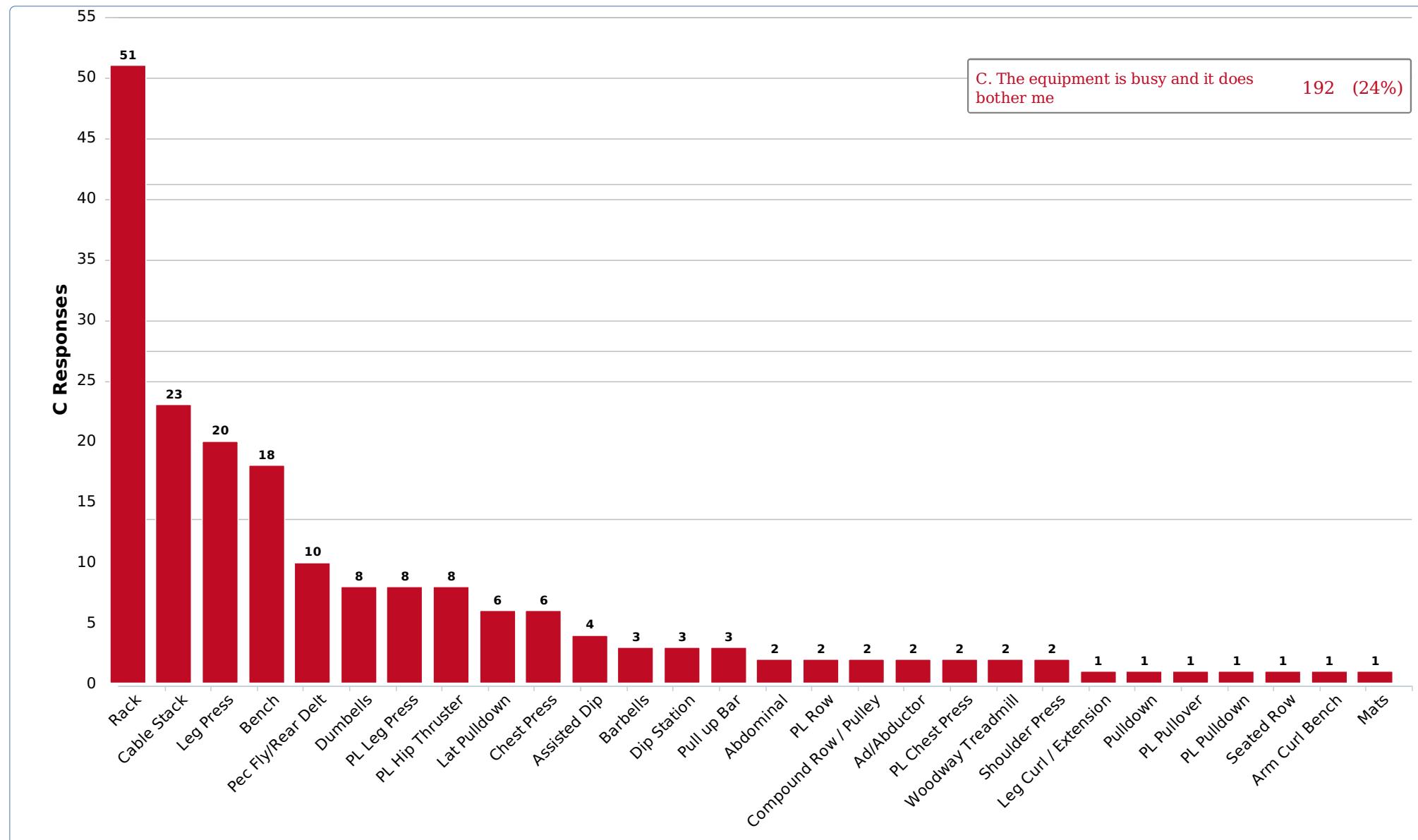
Time Filter: **17:30** to **19:00**

Monday **Tuesday** **Wednesday** **Thursday** Friday Saturday Sunday



Total C Responses

Time Filter: 05:30 to 23:30

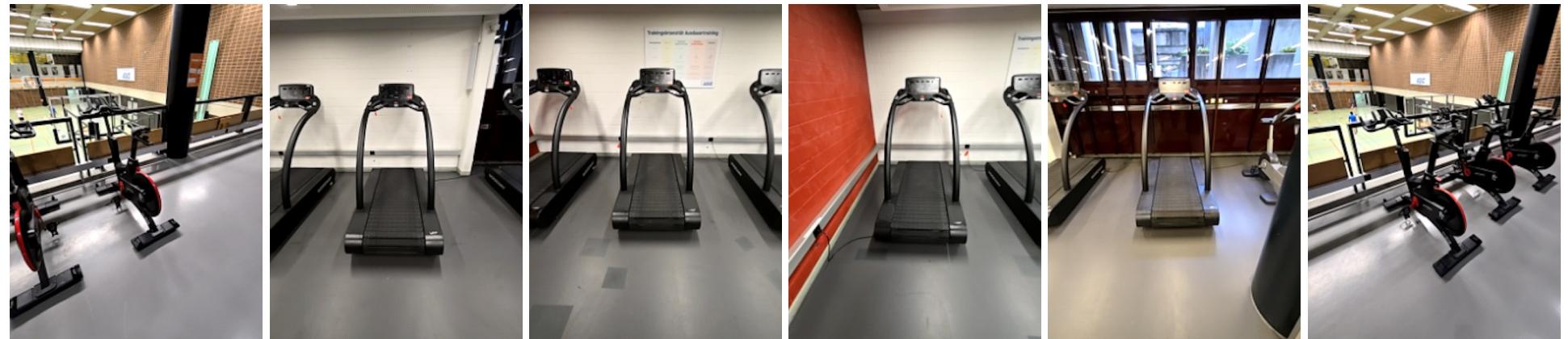




Step 4 of the Lean Cycle: Establish Pull

- Enable Customers to ‘pull’ value from the system, preventing a waste of resources that customers choose not to ‘pull’
- Customers identify bottlenecks by responding ‘C’ in the surveys – ‘The equipment is usually busy and it bothers me’
- ‘Equipment Availability’ measurement also identifies bottlenecks where customers are trying to pull more equipment into the gym.
- ‘Equipment Requirement’ enables us to quantify how much equipment they are trying to ‘pull’ in.

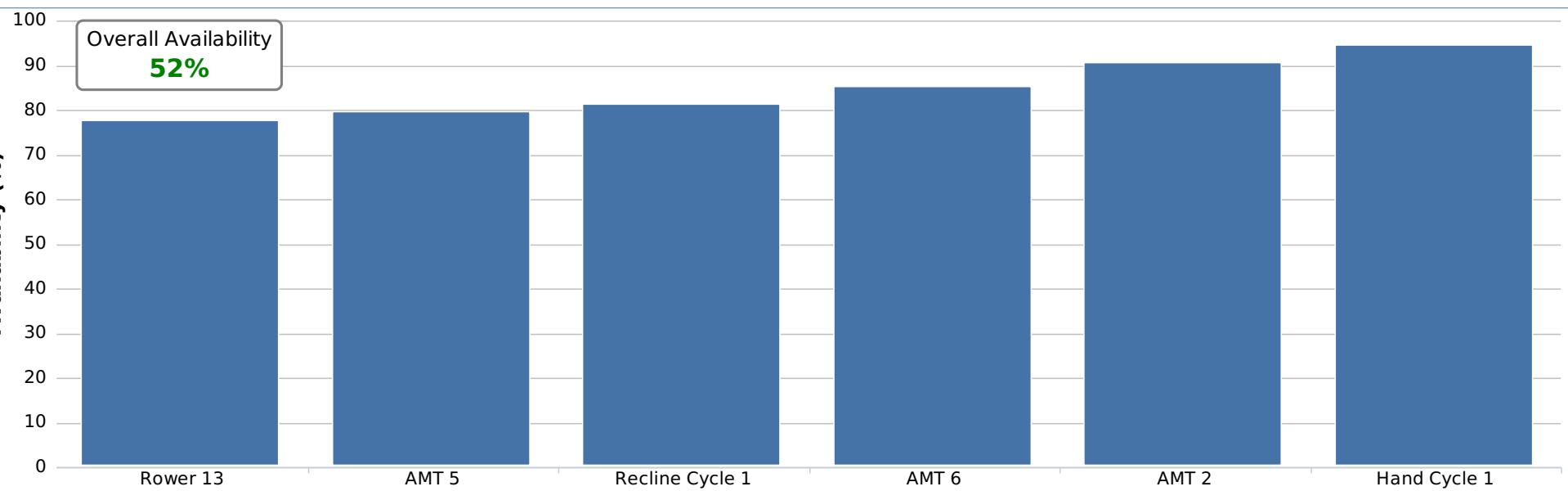
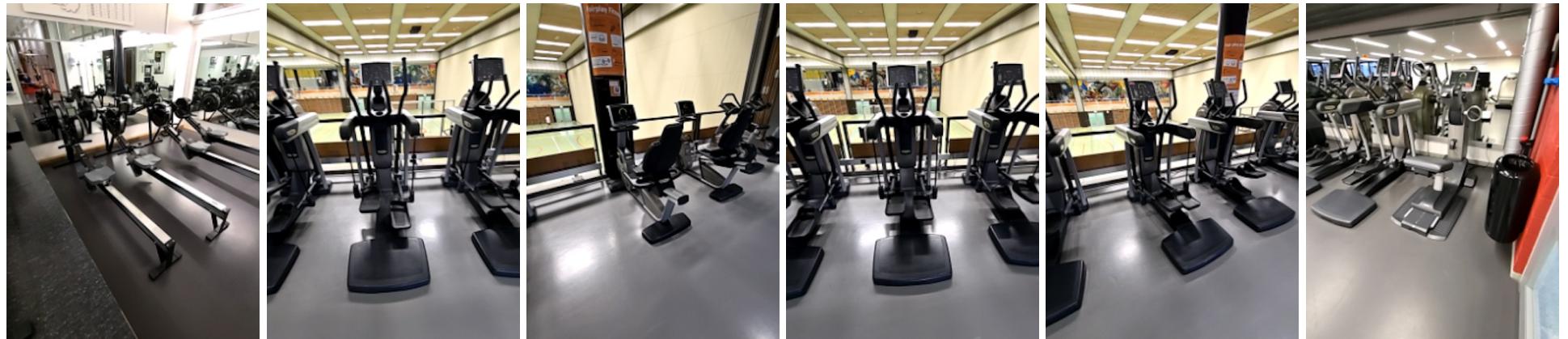
Busiest 6 - Cardio

Time Filter: **17:30** to **19:00****Monday Tuesday Wednesday Thursday Friday Saturday Sunday**

Quietest 6 - Cardio

Time Filter: 17:30 to 19:00

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



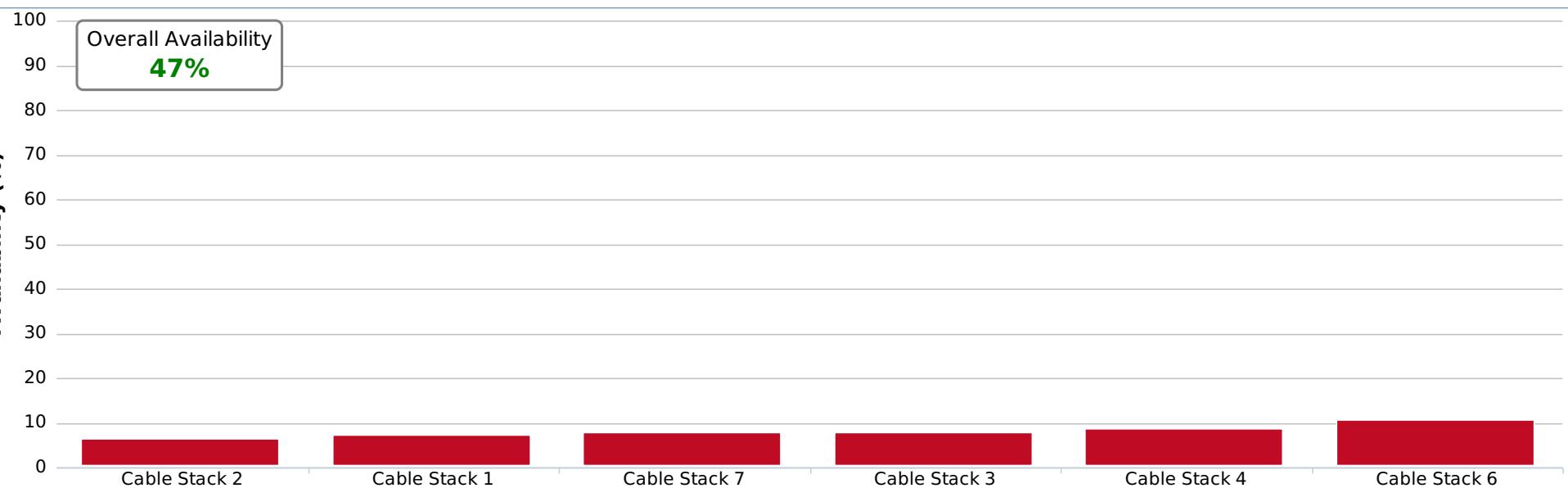
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Busiest 6 - Resistance

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Time Filter: 17:30 to 19:00

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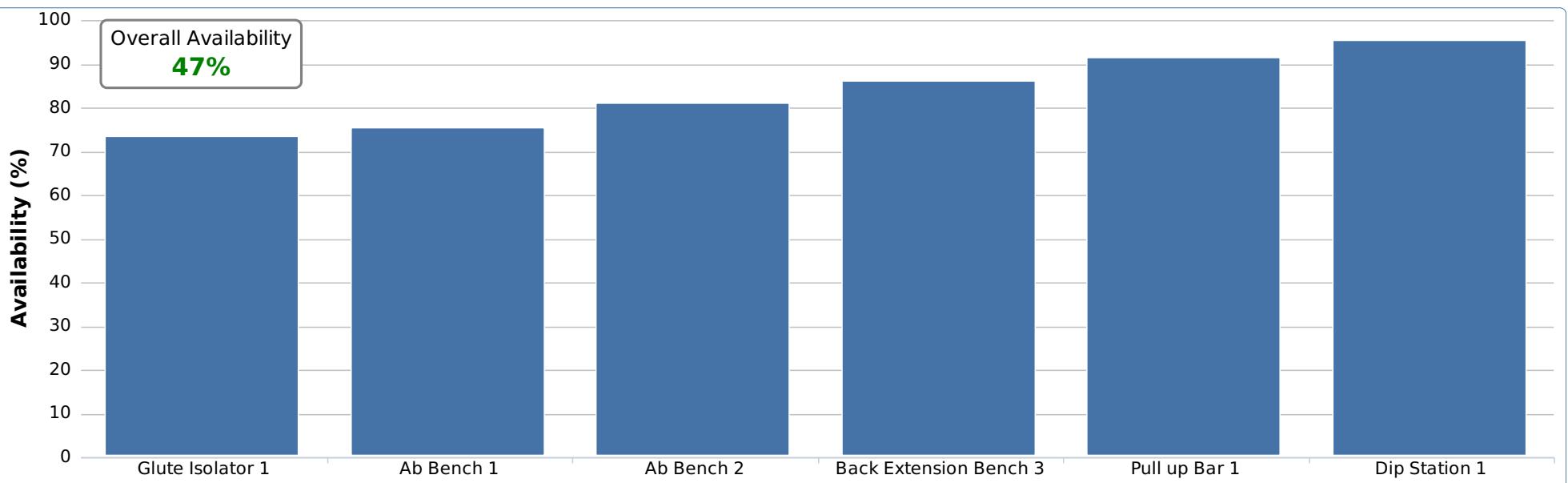
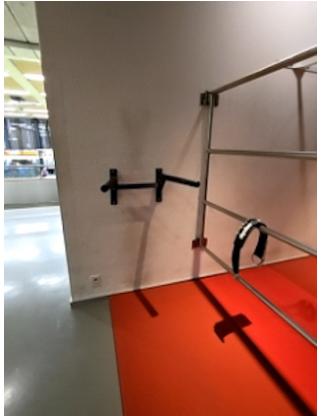
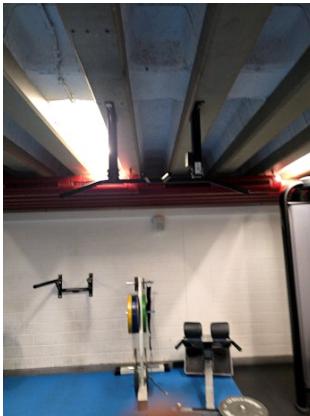
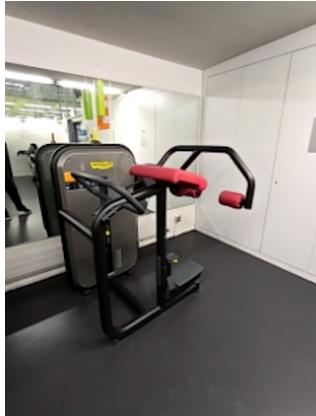
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Quietest 6 - Resistance

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Time Filter: 17:30 to 19:00

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



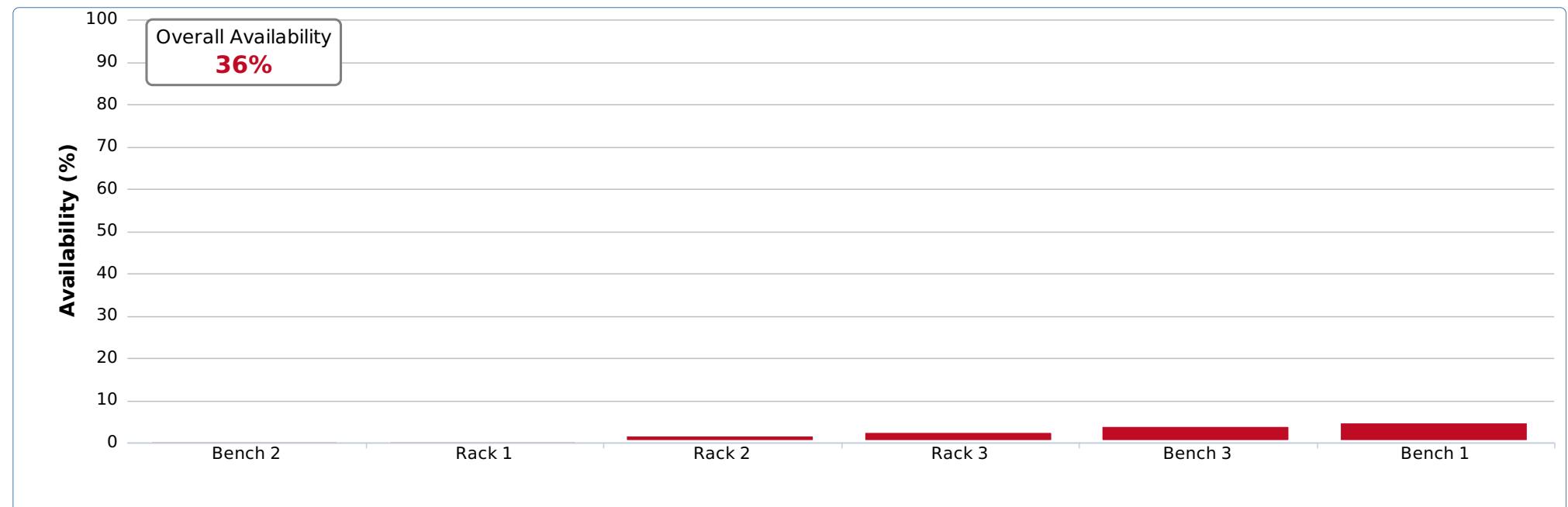
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Busiest 6 - Free Weights

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Time Filter: 17:30 to 19:00

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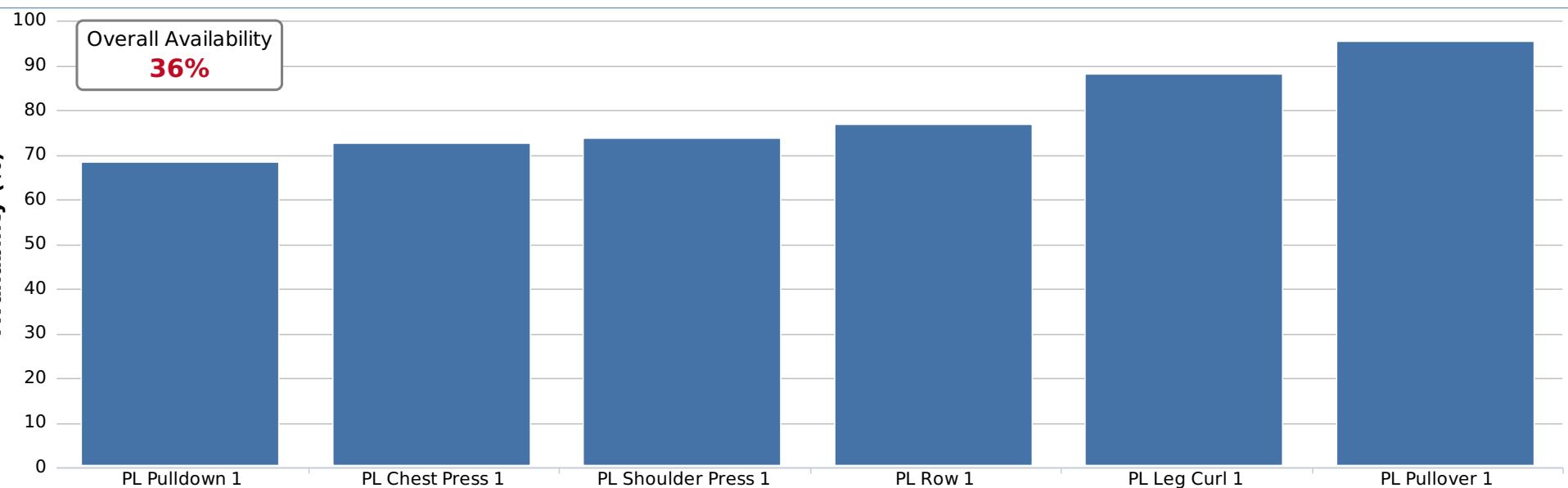
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Quietest 6 - Free Weights

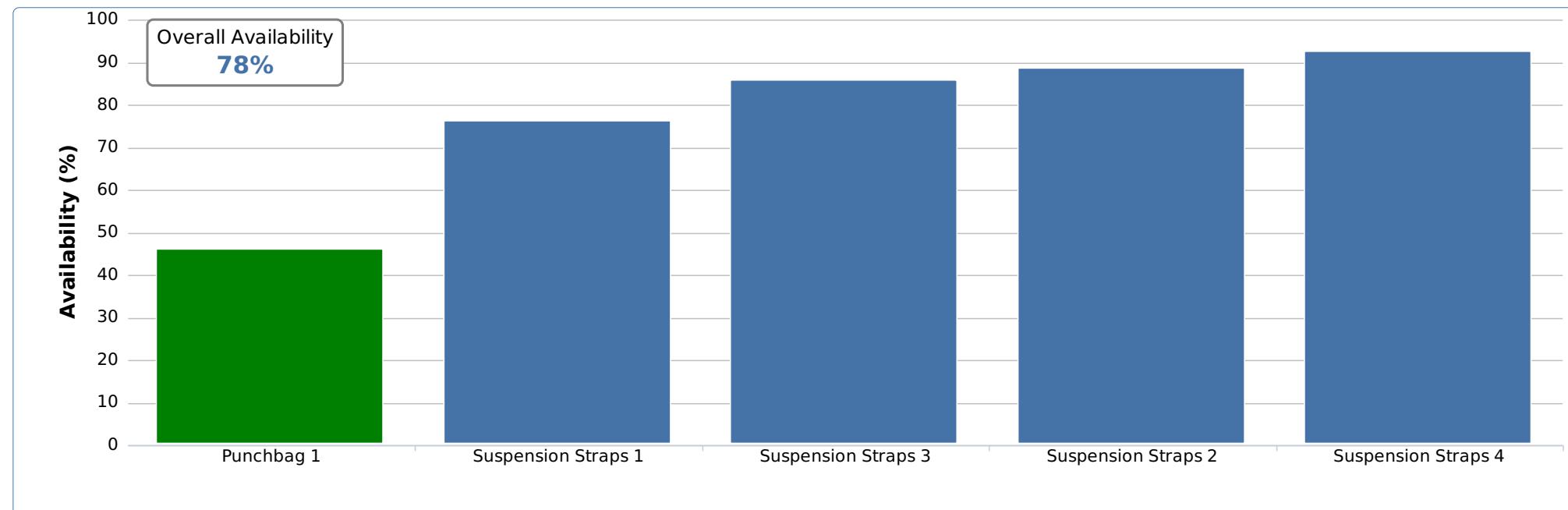
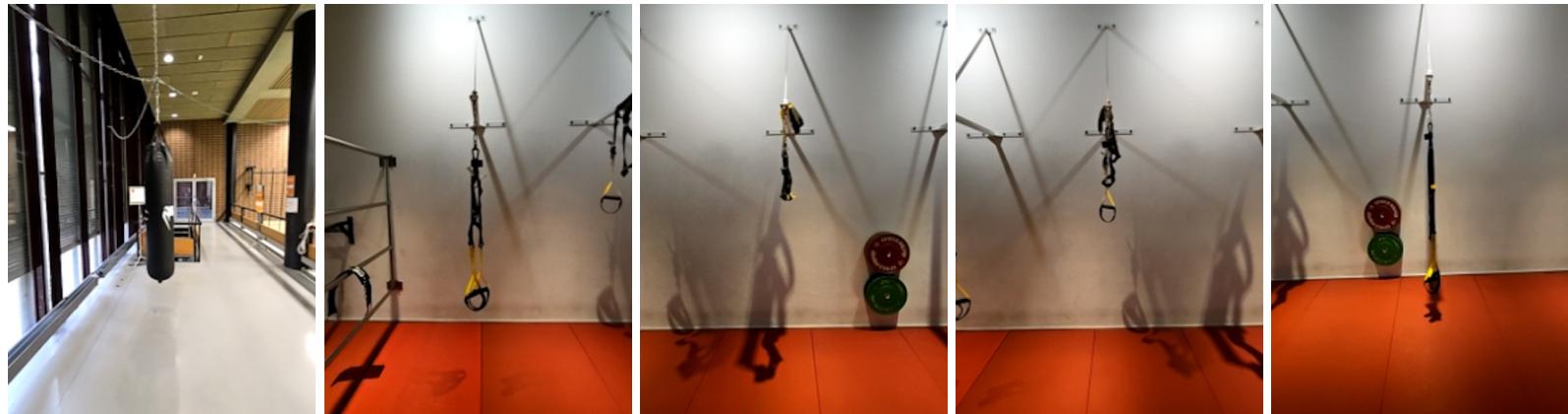
Time Filter: 17:30 to 19:00

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Busiest 6 - Functional Training

Time Filter: **17:30** to **19:00****Monday** **Tuesday** **Wednesday** **Thursday** Friday Saturday Sunday

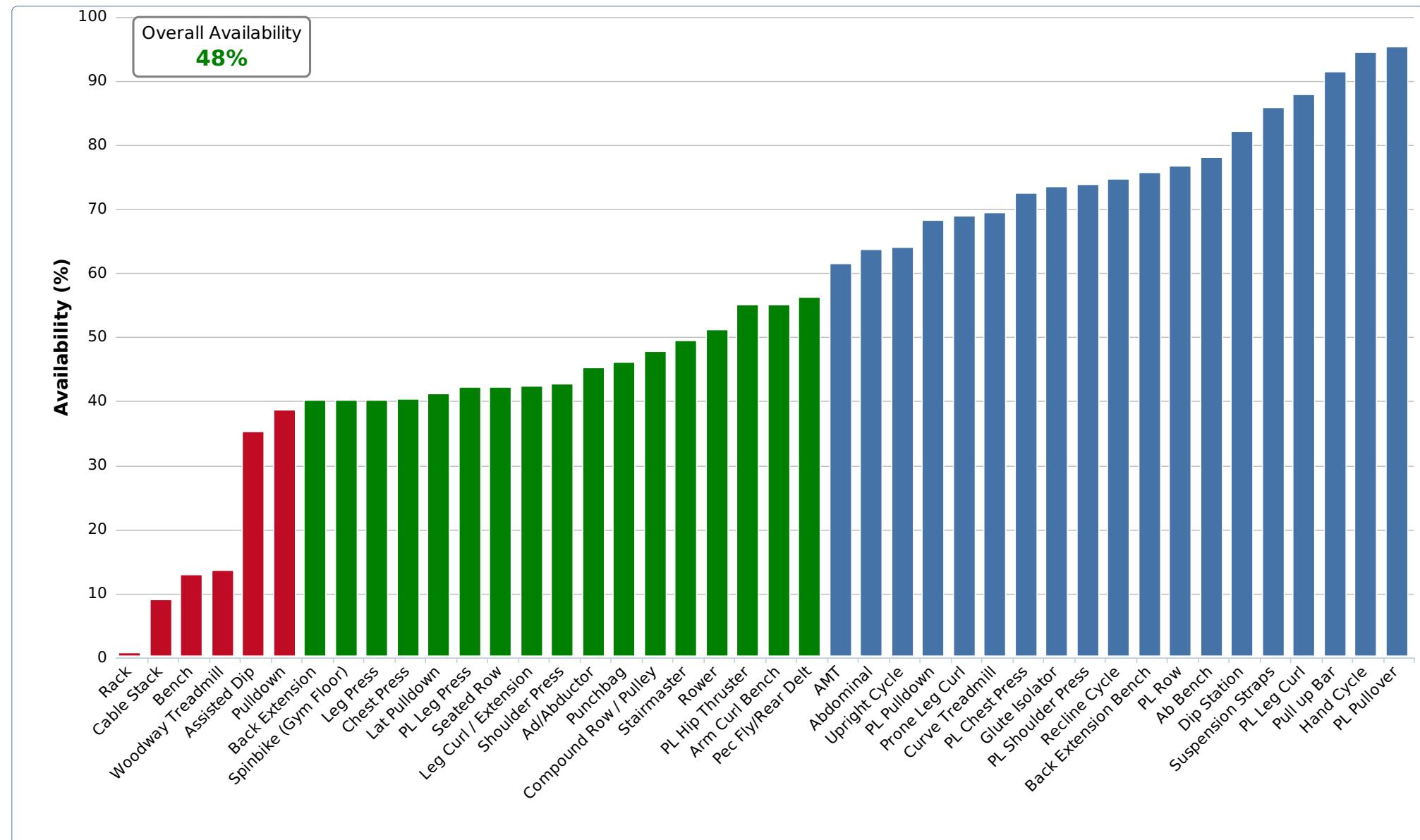
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Equipment Availability

Time Filter: **17:30** to **19:00**

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Step 5 of the Lean Cycle: Seek Perfection

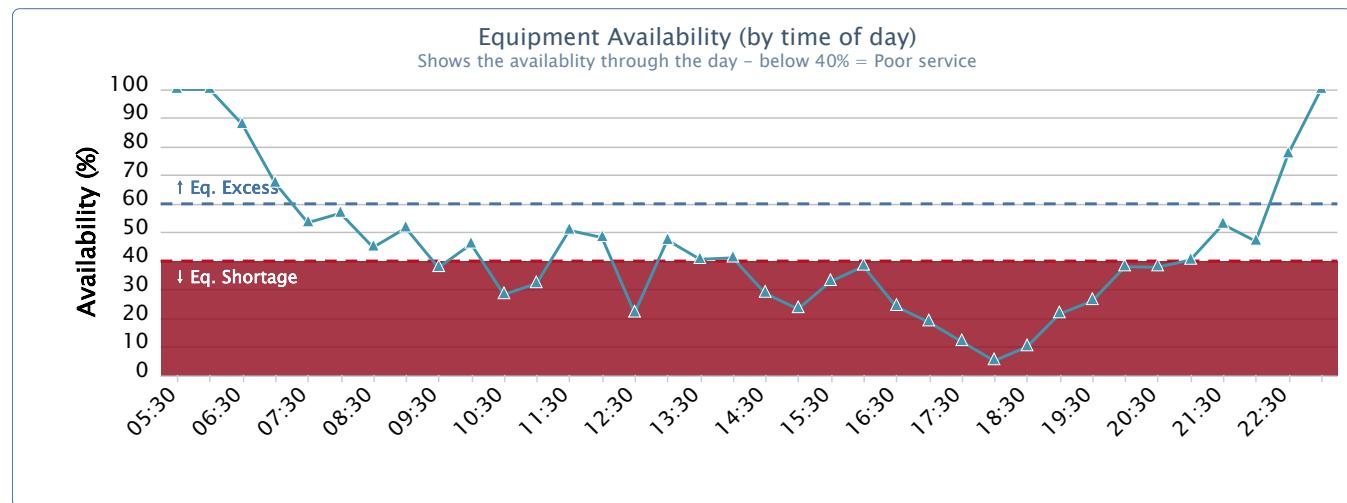
As value is specified, value streams are identified, waste is removed, and flow and pull are introduced, begin the process again and continue it until a state of perfection is reached in which perfect value is created with no waste

Lean is not a once off exercise but a way of thinking that to be truly successful requires buy in from everyone in an organisation and becomes part of the culture.

Comments - Equipment Additions

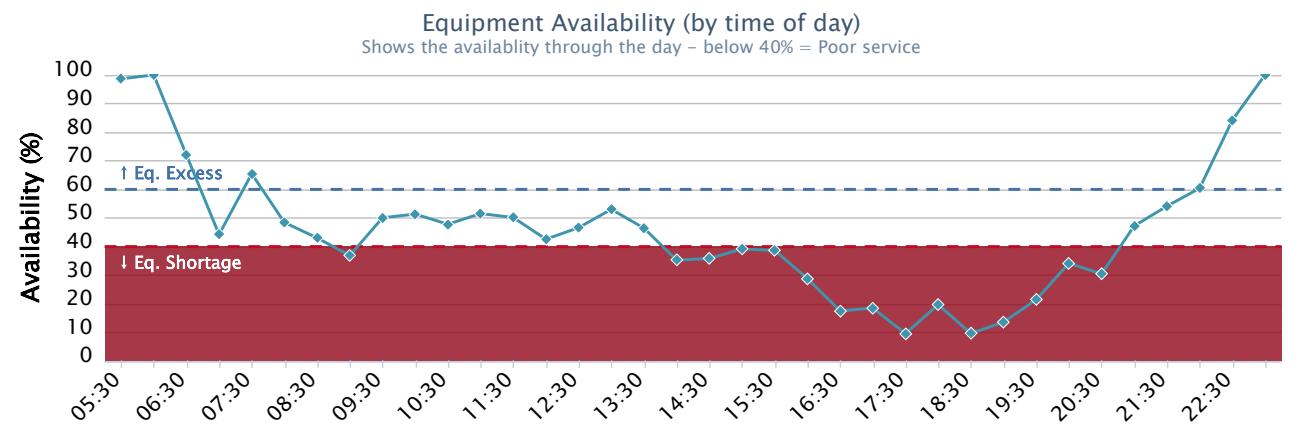
Add 8 Cable Stacks, increase from 7 to 15

Model predicts present 9% level of Availability (in peak) will change to 51%



Add 7 Benches, increase from 9 to 16

Model predicts present 13% level of Availability (in peak) will change to 47%



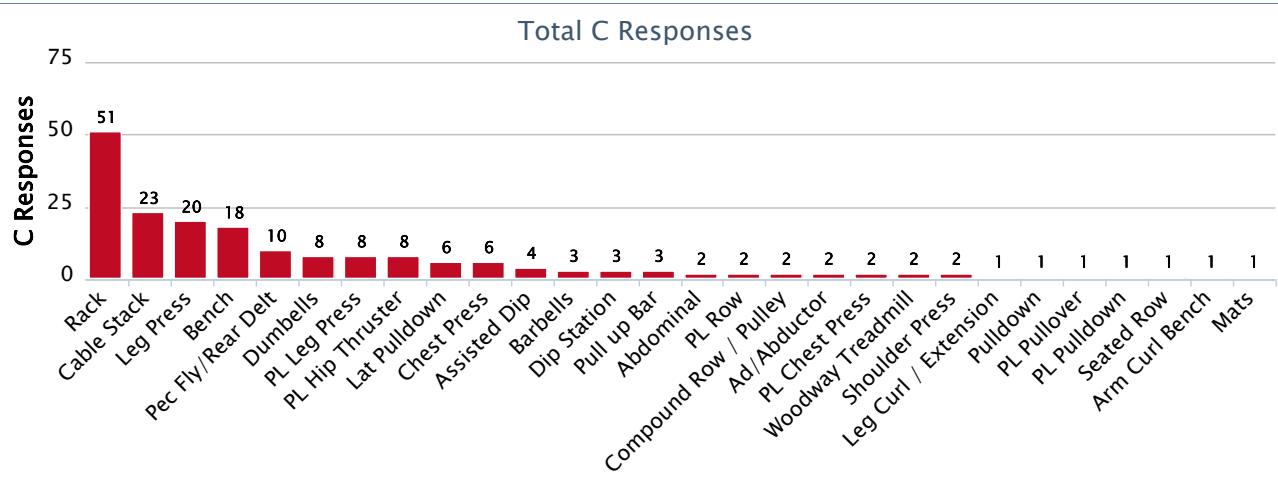
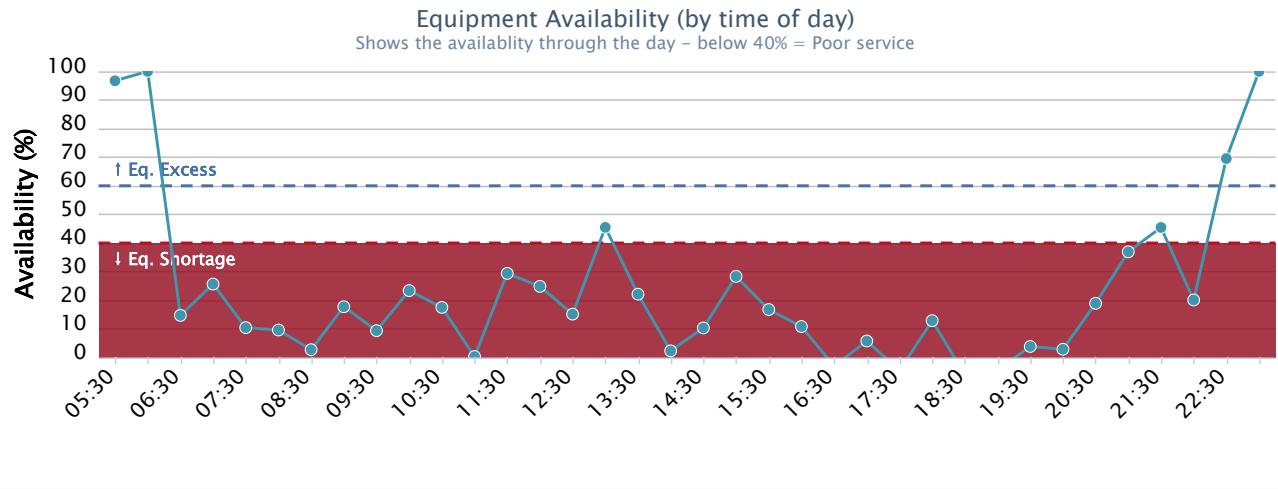
Add 5 Sets of Mid Range Dumbells

Dumbells represent a very high return on Investment and we recommend removing this source of frustration by buying more, **specifically in the 10kg - 20kg range.**



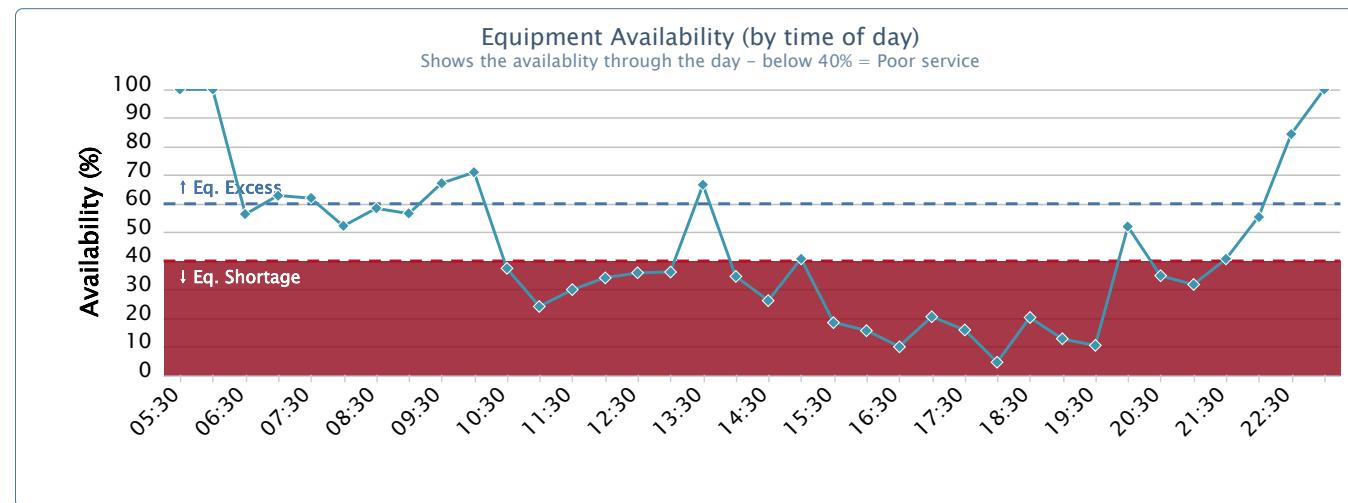
Add 4 Racks, increase from 3 to 7

Model predicts present 1% level of Availability (in peak) will change to 43%



Add 5 Woodway Treadmills, increase from 6 to 11

Model predicts present 14% level of Availability (in peak) will change to 47%



Add 2 Flat Bench Racks, increase from 0 to 2



Add 2 Platforms with Racks, increase from 0 to 2

We recommend adding 2 Platform with Racks

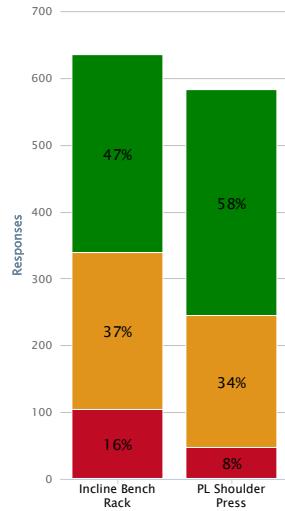


Add 1 Incline Bench Rack, increase from 0 to 1

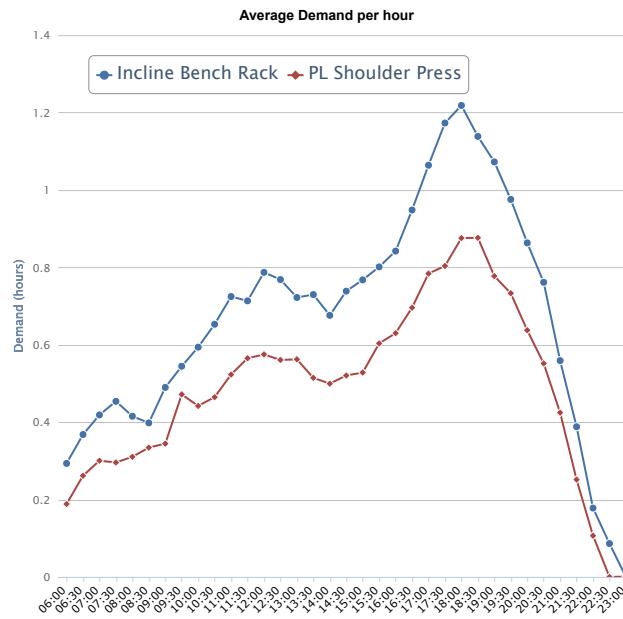
Replace the PL Chest & PL Shoulder with an Incline Bench Rack



How many customers said it was one of their favourite equipment types and how busy do they find them?



Incline Bench Rack Vs PL Shoulder Press



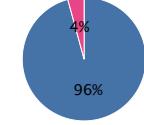
Average Demand

Incline Bench Rack
0h 40m
(1.37x higher)

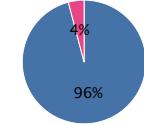
PL Shoulder Press
0h 29m

Popularity by Gender

Incline Bench Rack



PL Shoulder Press

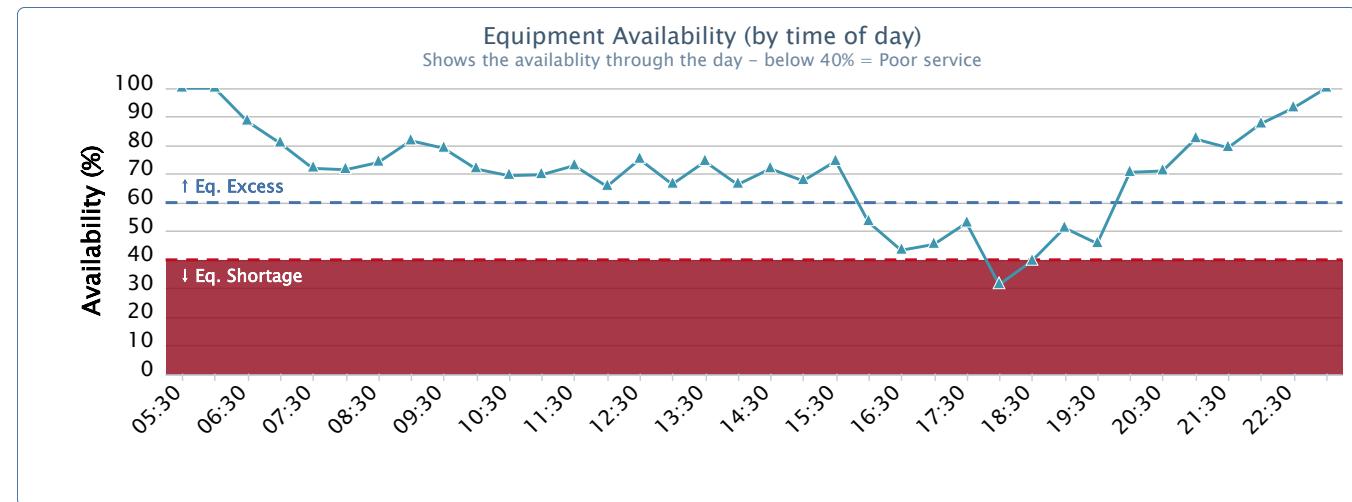


Add 1 Smith Machine, increase from 0 to 1



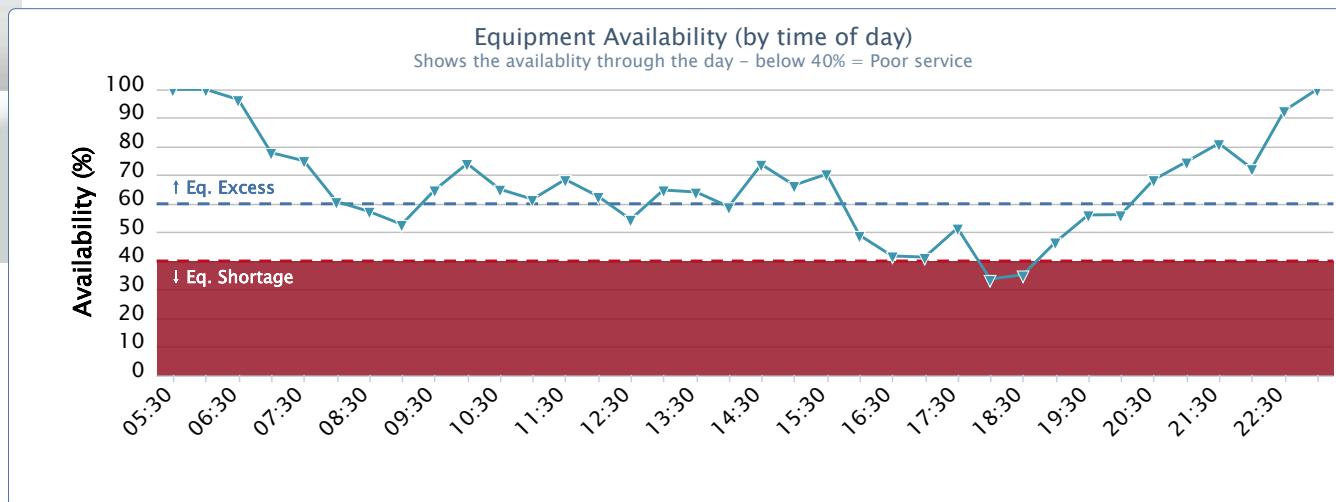
Add 1 Lat Pulldown, increase from 2 to 3

Model predicts present 41% level of Availability (in peak) will change to 54%



Add 1 Leg Press, increase from 2 to 3

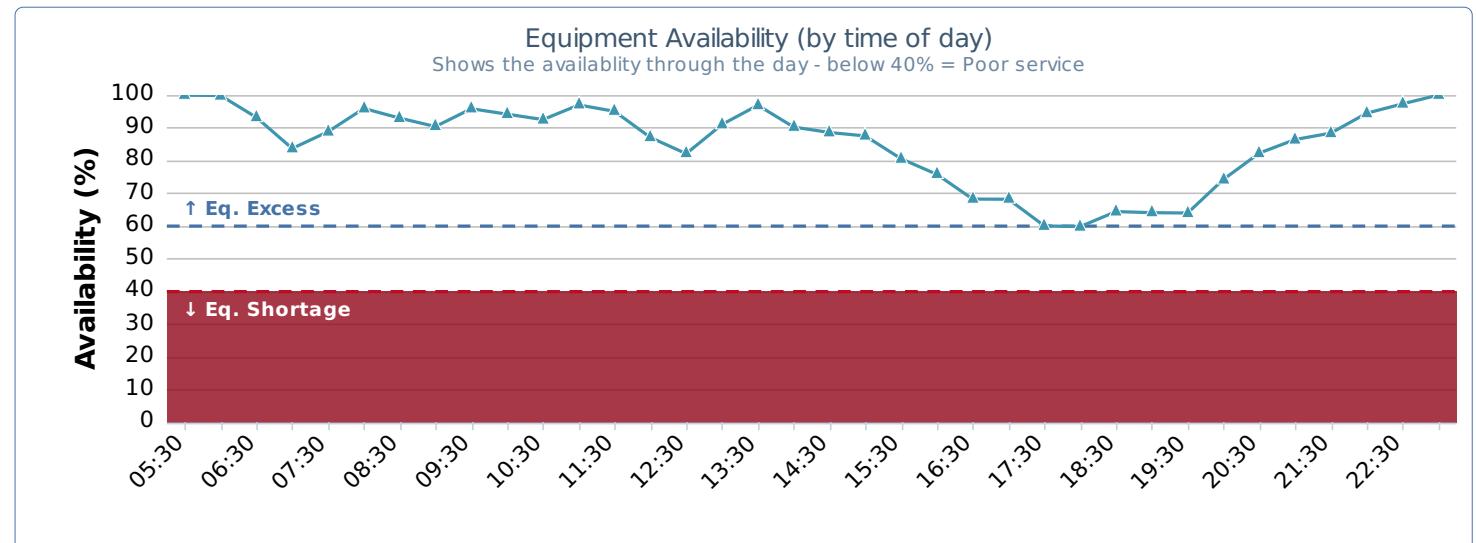
Model predicts present 40% level of Availability (in peak) will change to 53%



Comments - Equipment Removal

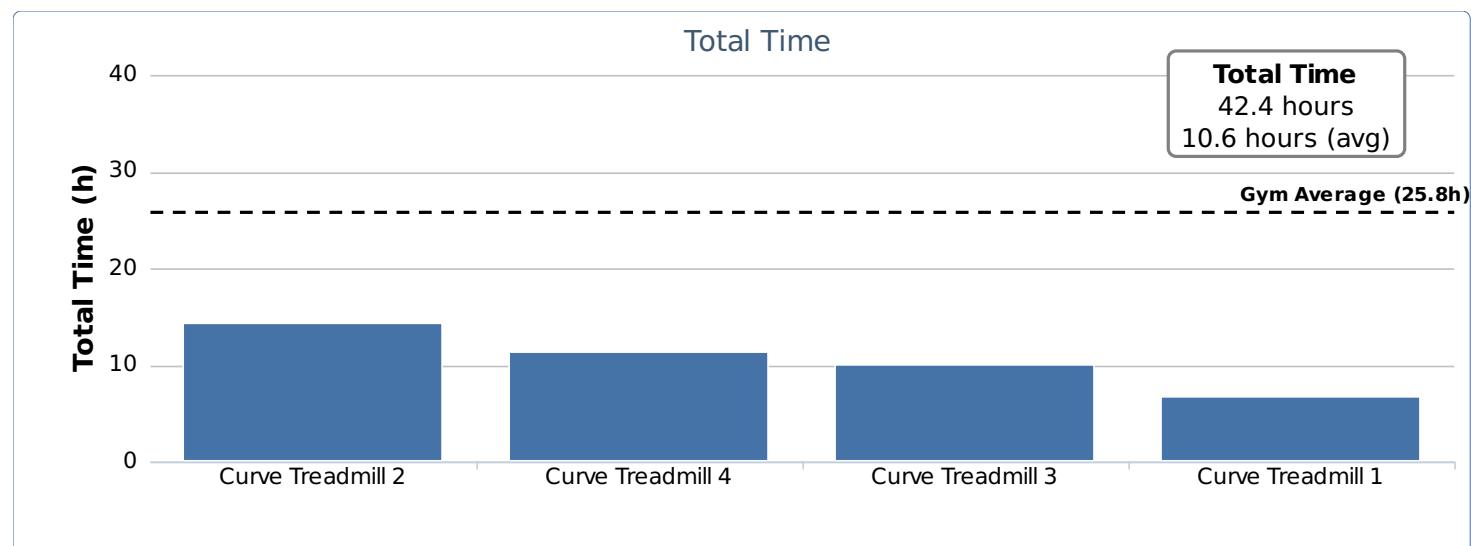
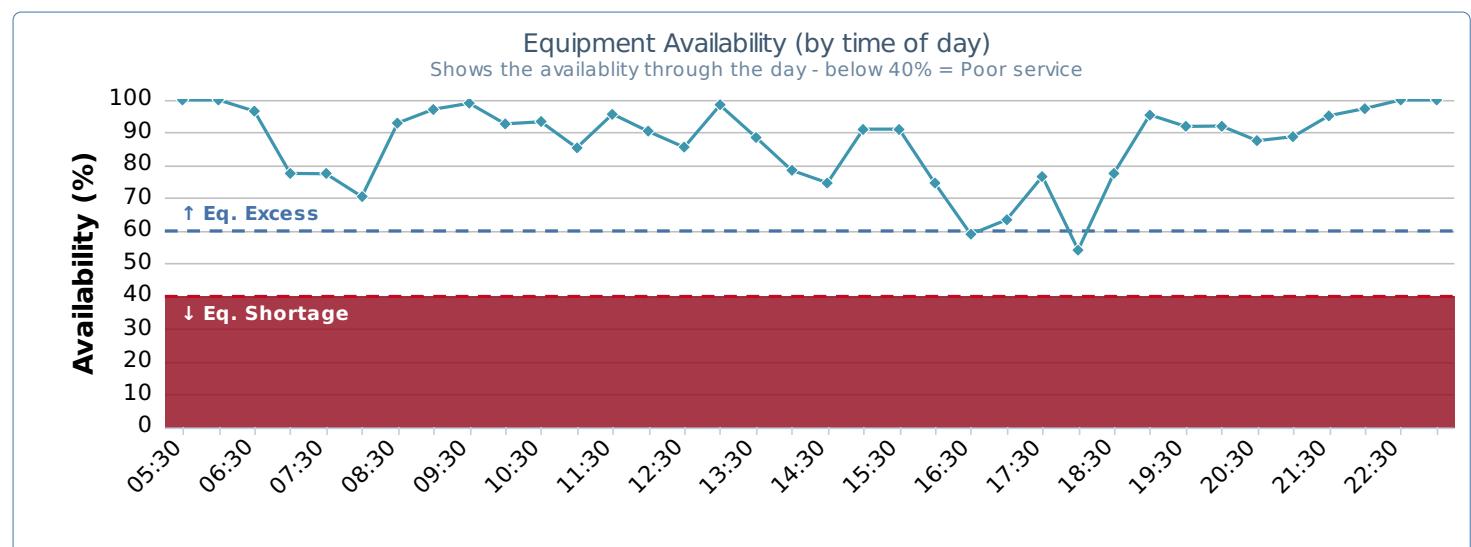
Remove 4 AMT's, reduce from 13 to 9

Model predicts present 61% level of Availability (in peak) will change to 44%



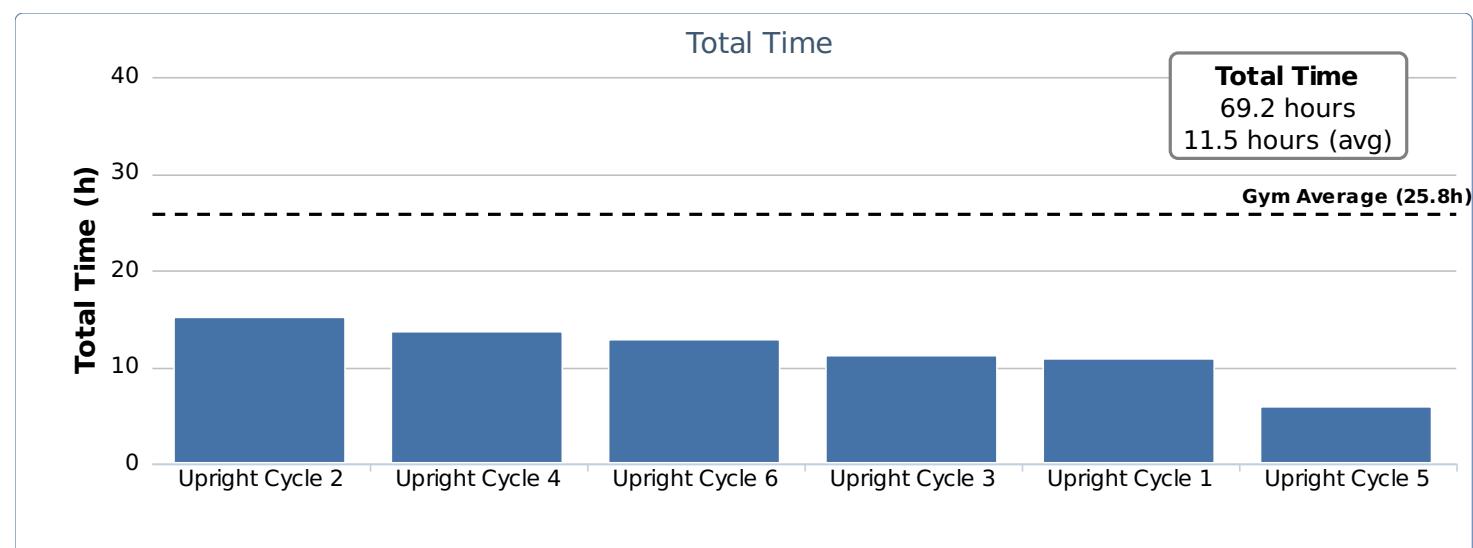
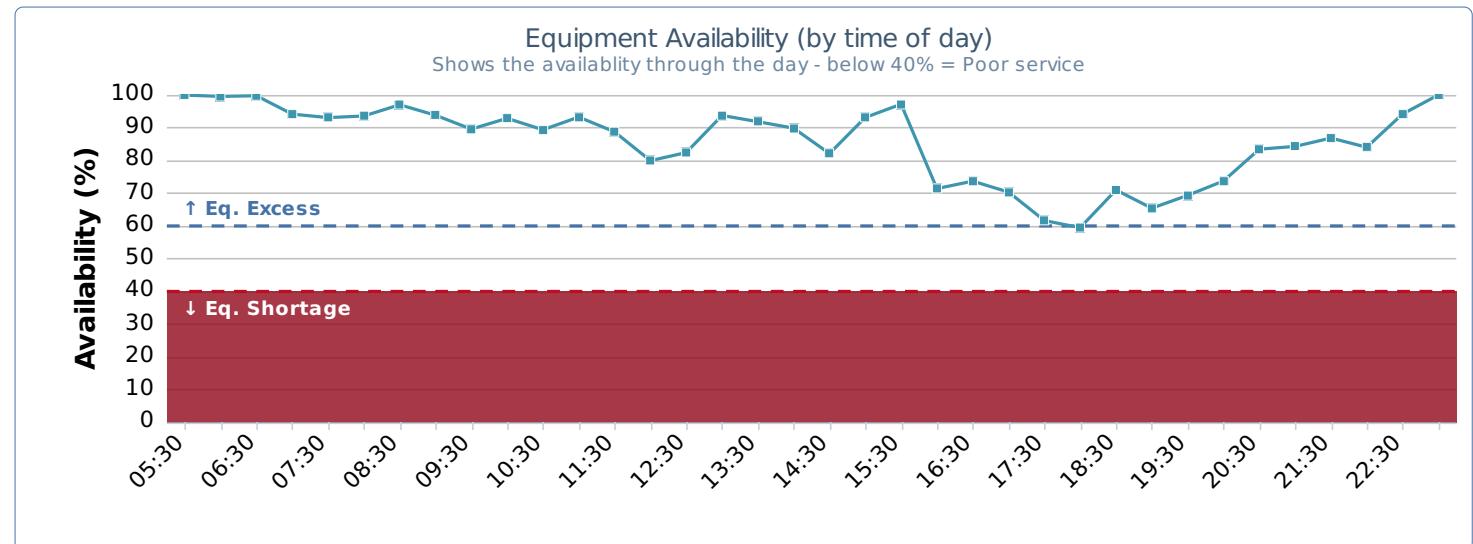
Remove 2 Curve Treadmills, reduce from 4 to 2

Model predicts present 70% level of Availability (in peak) will change to 39%



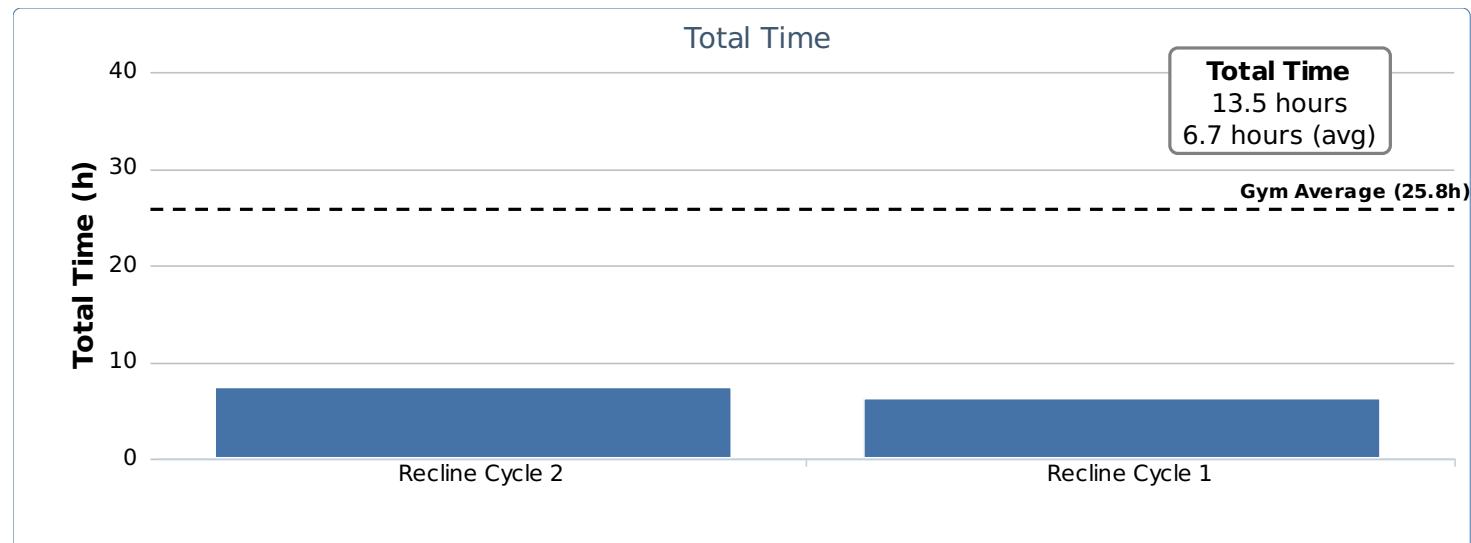
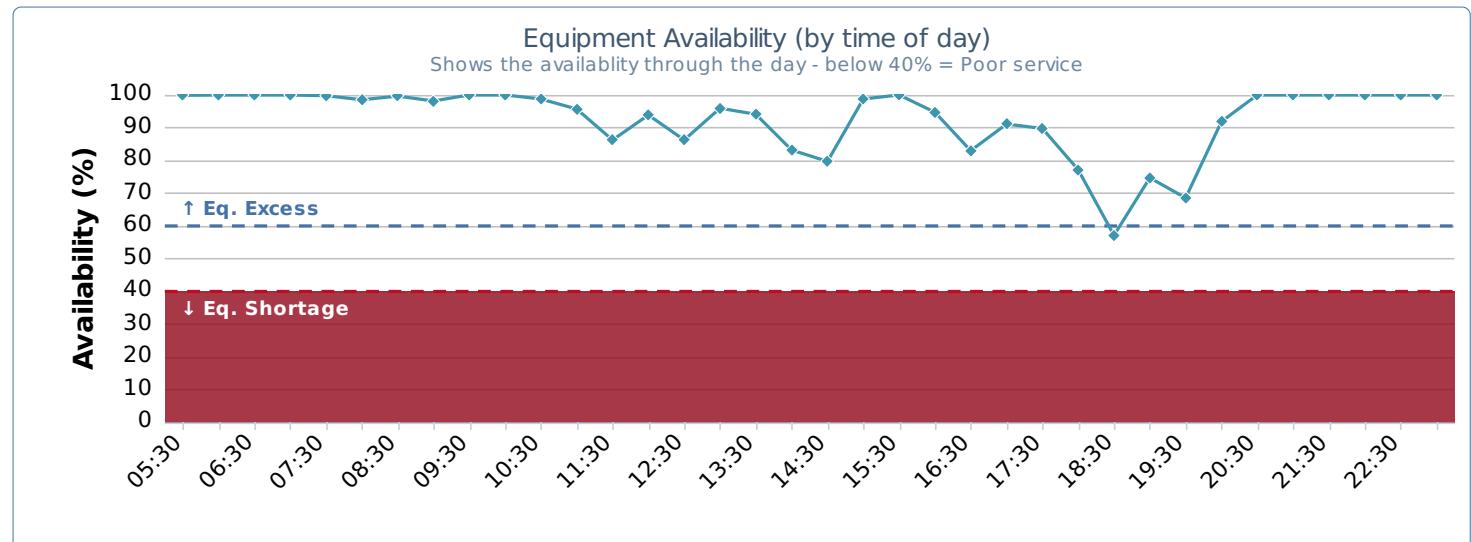
Remove 2 Upright Cycles, reduce from 6 to 4

Model predicts present 64% level of Availability (in peak) will change to 46%



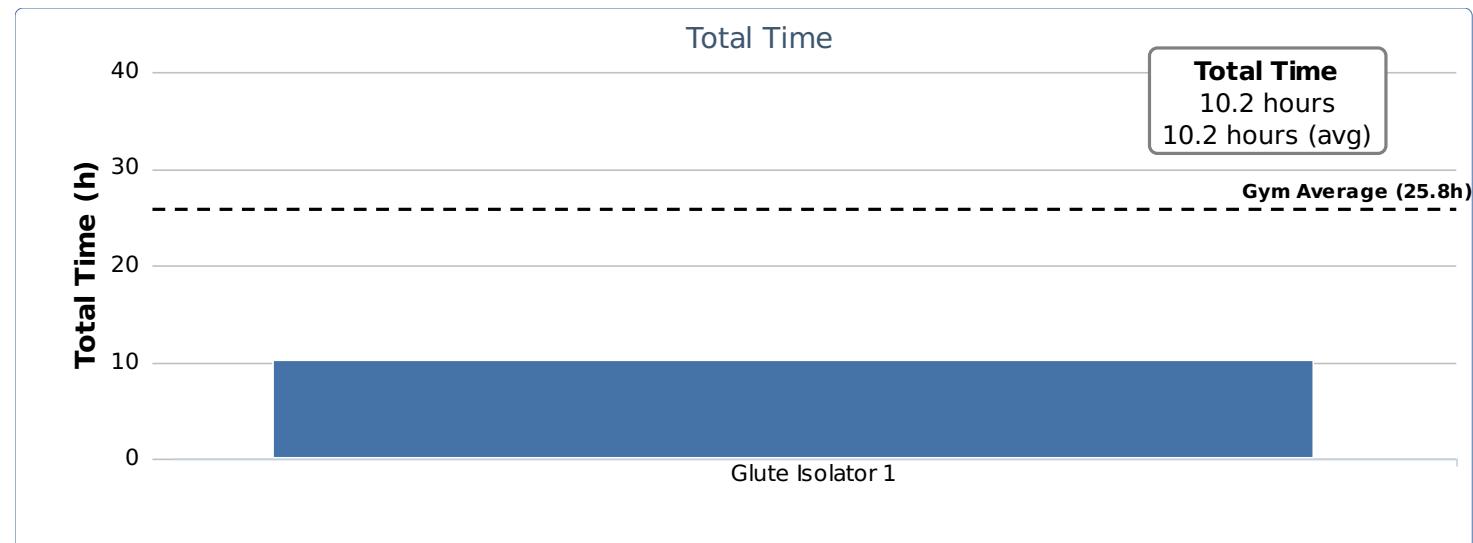
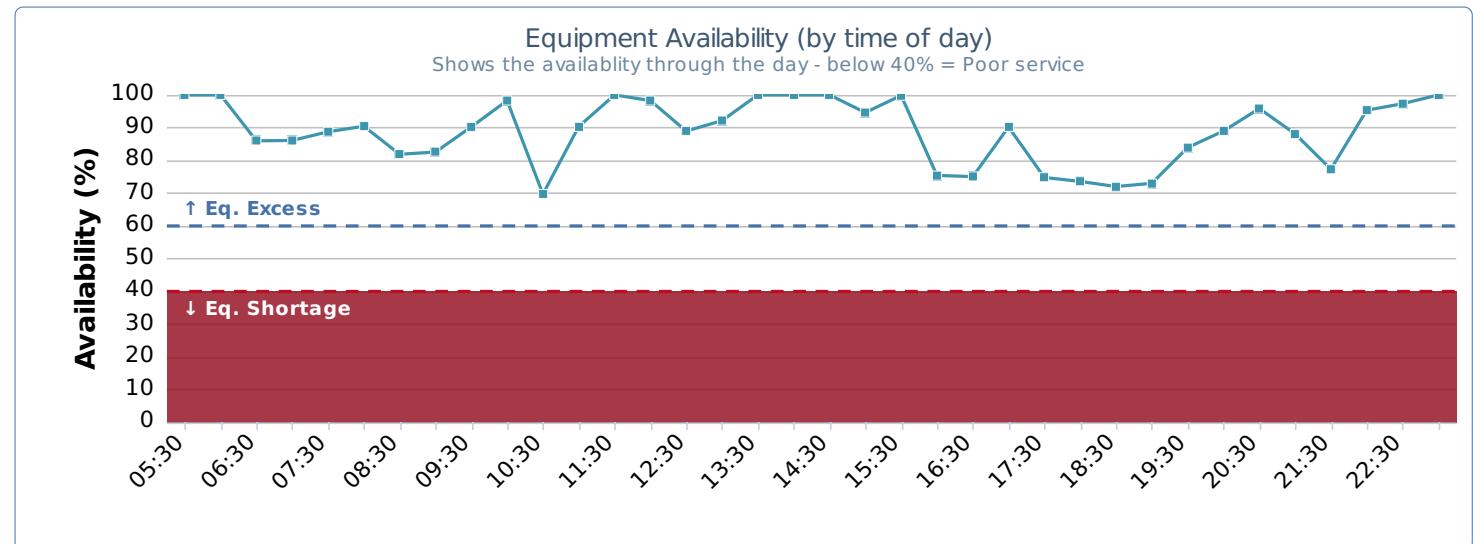
Remove 1 Recline Cycle, reduce from 2 to 1

Model predicts present 75% level of Availability (in peak) will change to 49%



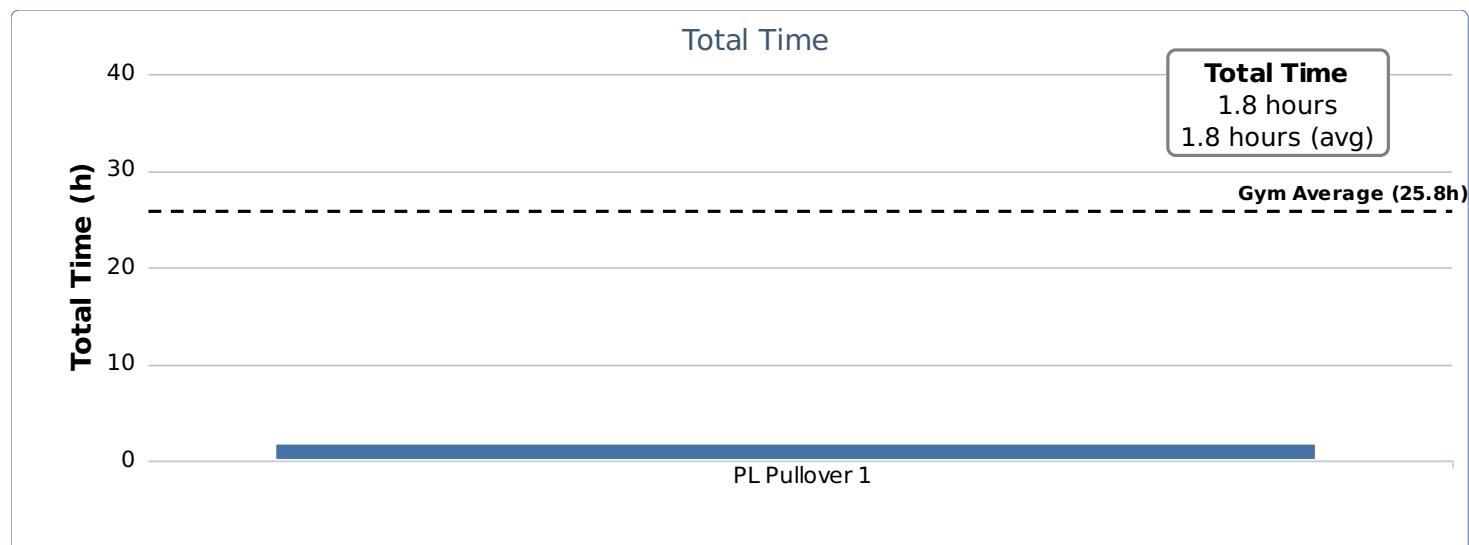
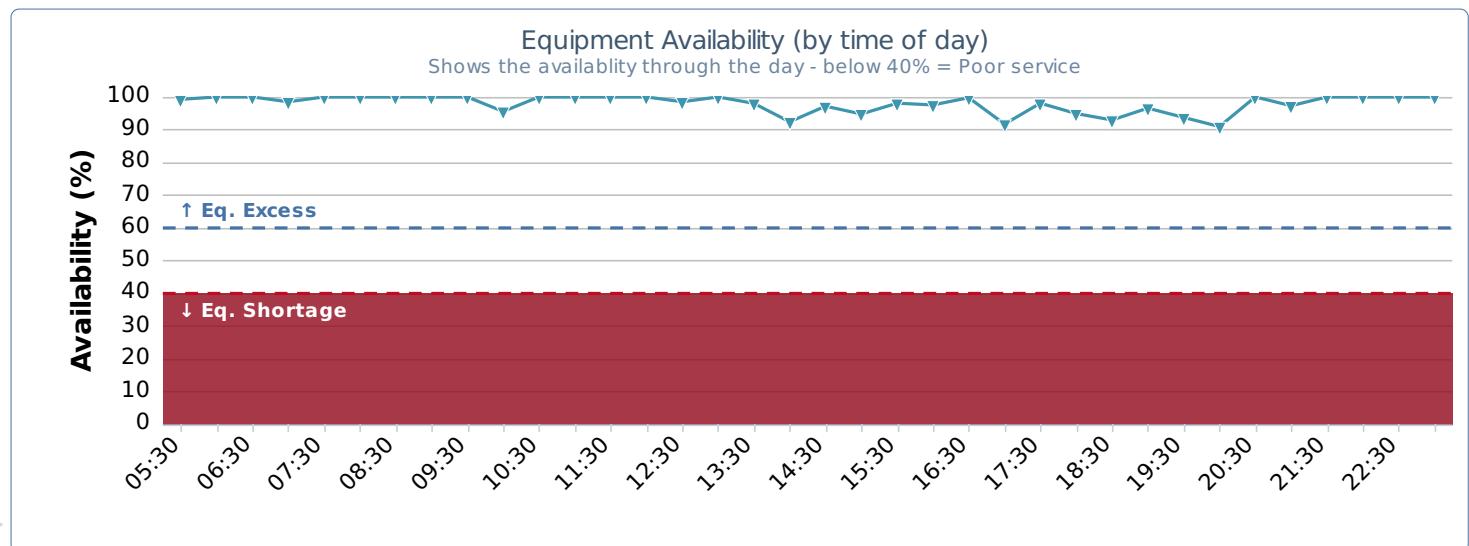
Remove 1 Glute Isolator, reduce from 1 to 0

Model predicts present 73% level of Availability (in peak) will change to 0%



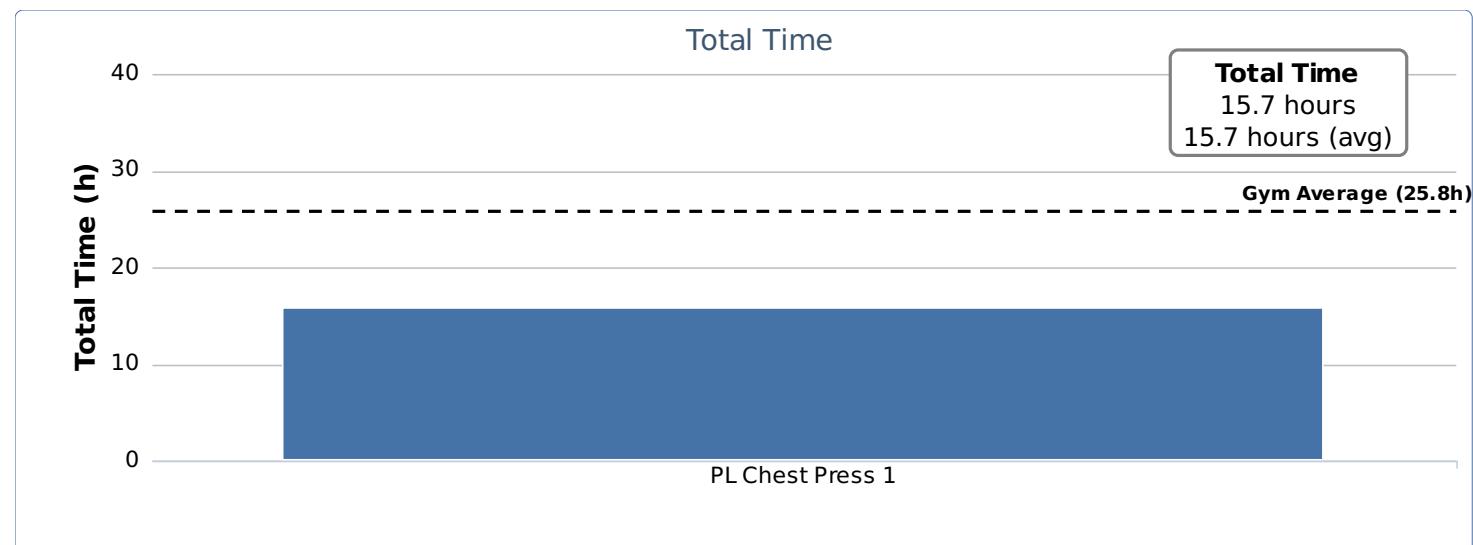
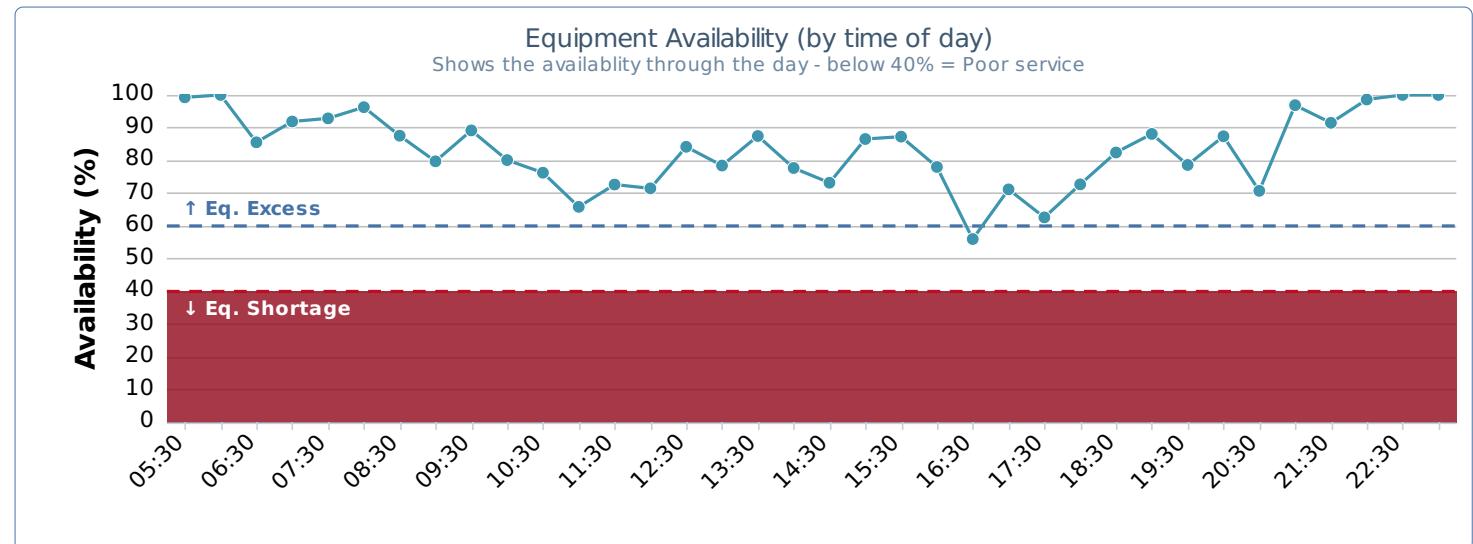
Remove 1 PL Pullover, reduce from 1 to 0

Model predicts present 95% level of Availability (in peak) will change to 0%



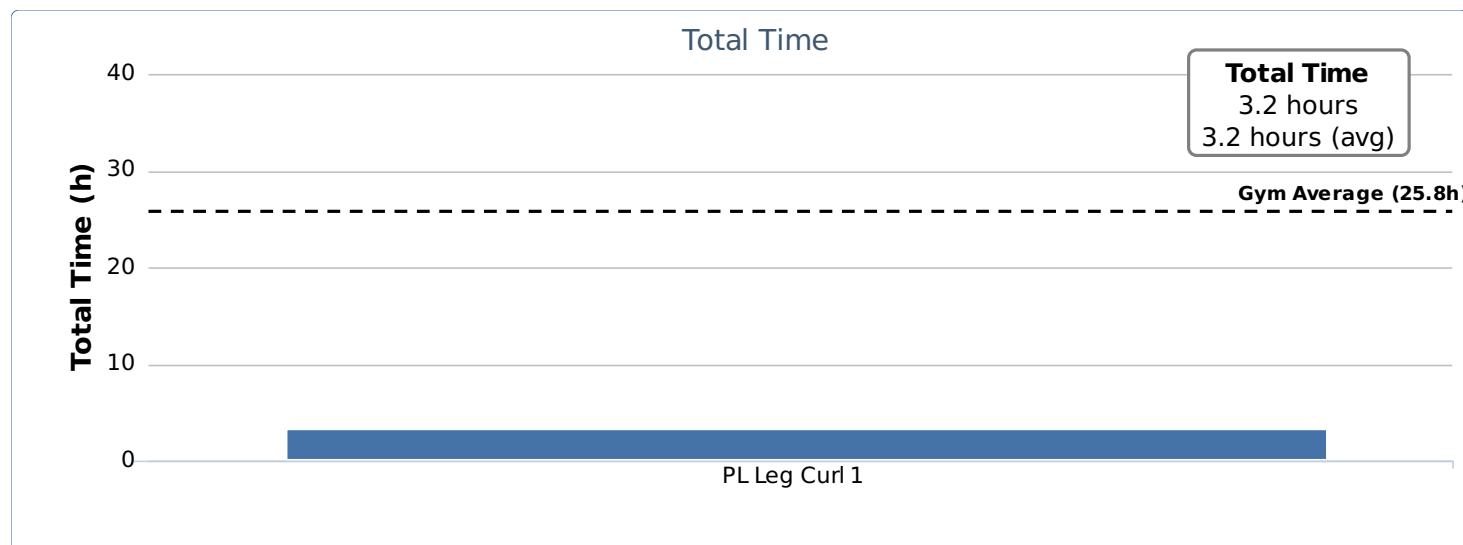
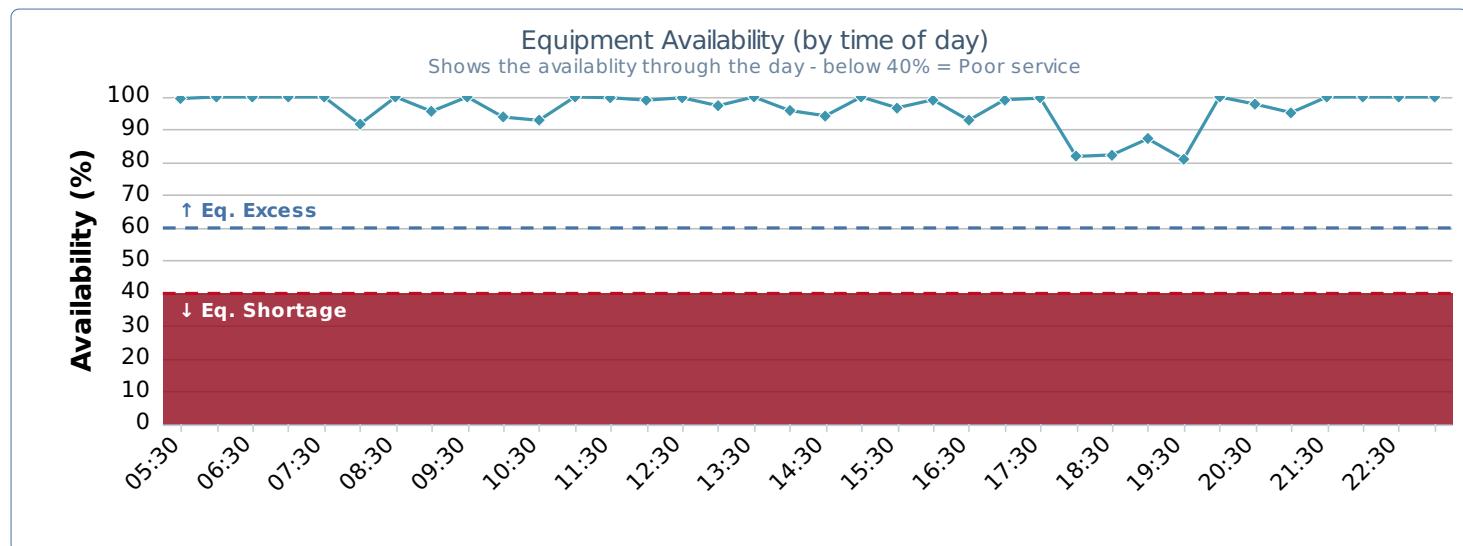
Remove 1 PL Chest Press, reduce from 1 to 0

Model predicts present 73% level of Availability (in peak) will change to 0%



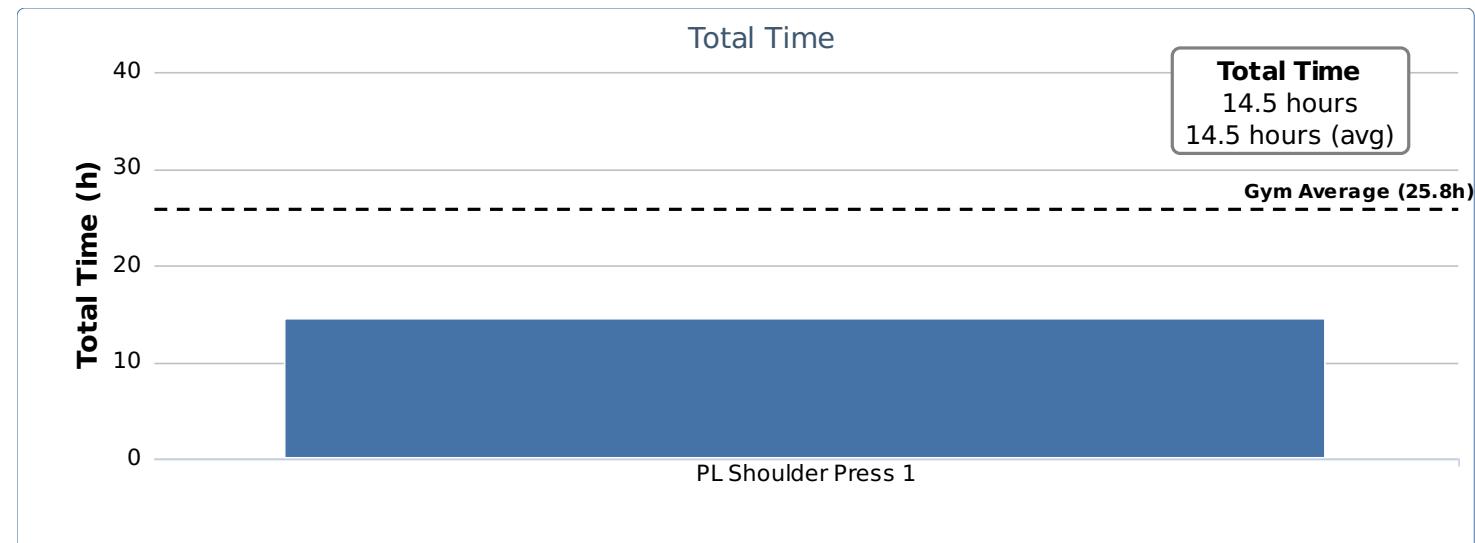
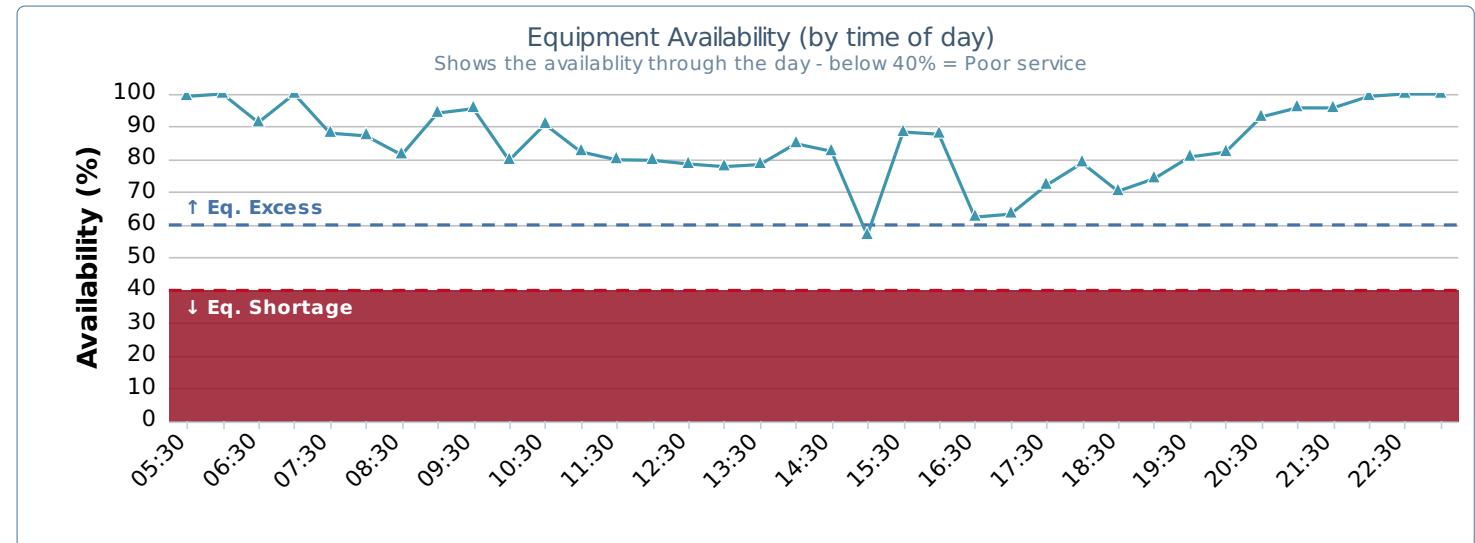
Remove 1 PL Leg Curl, reduce from 1 to 0

Model predicts present 88% level of Availability (in peak) will change to 0%



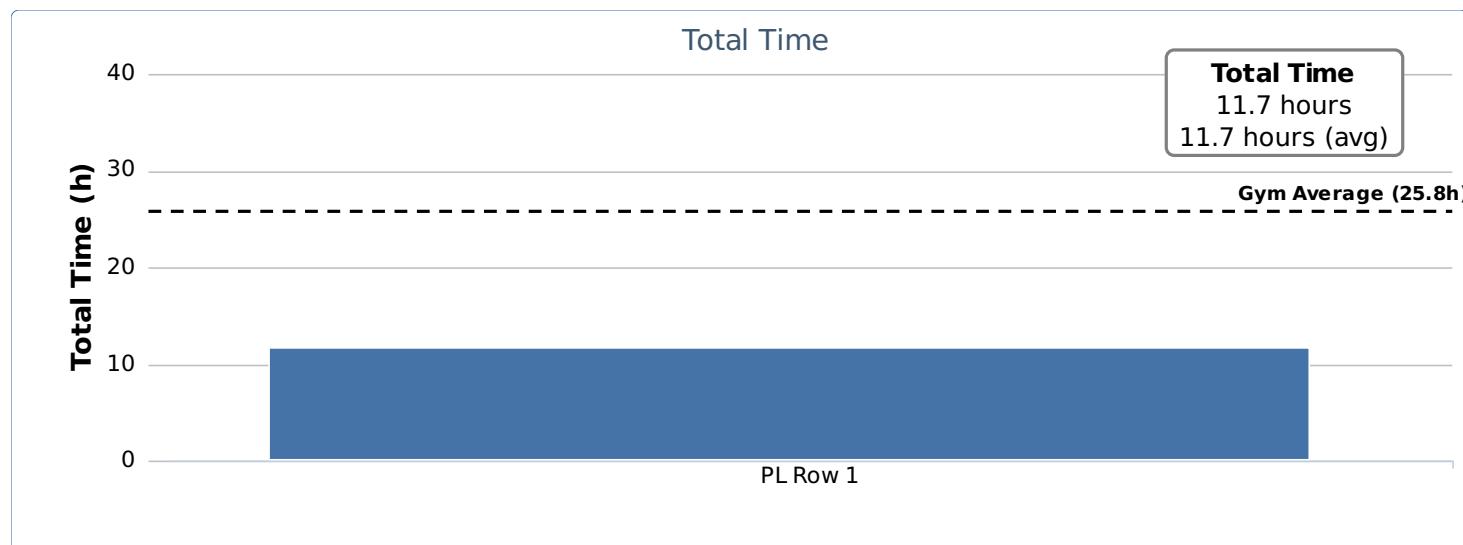
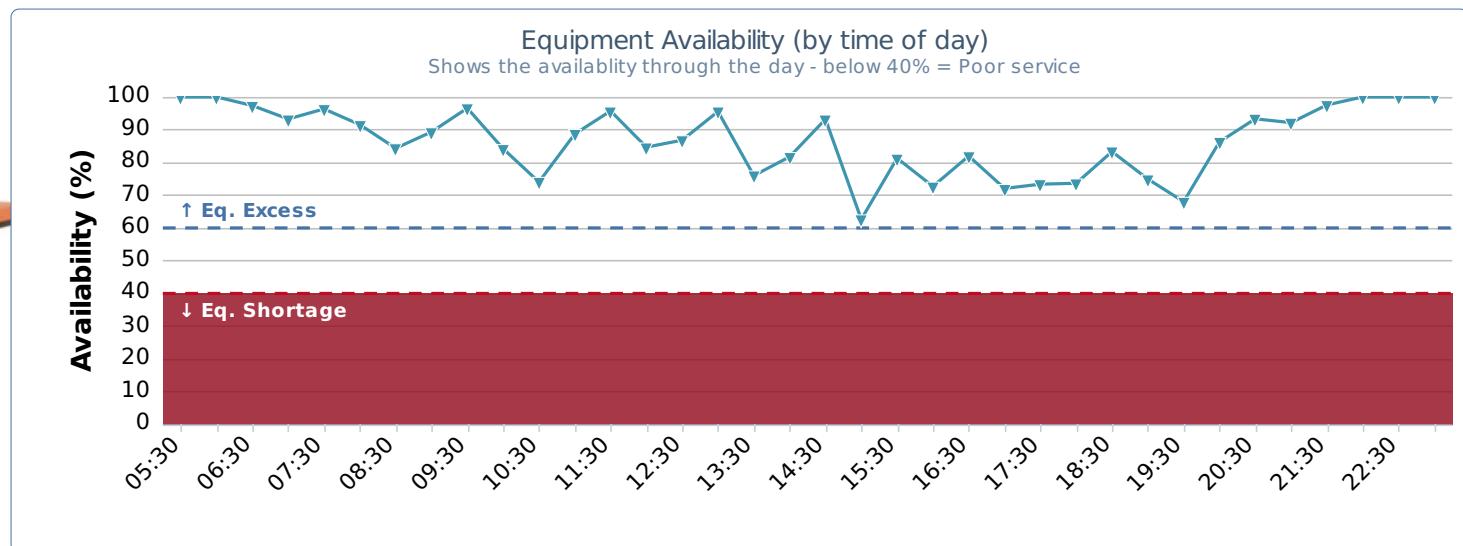
Remove 1 PL Shoulder Press, reduce from 1 to 0

Model predicts present 74% level of Availability (in peak) will change to 0%



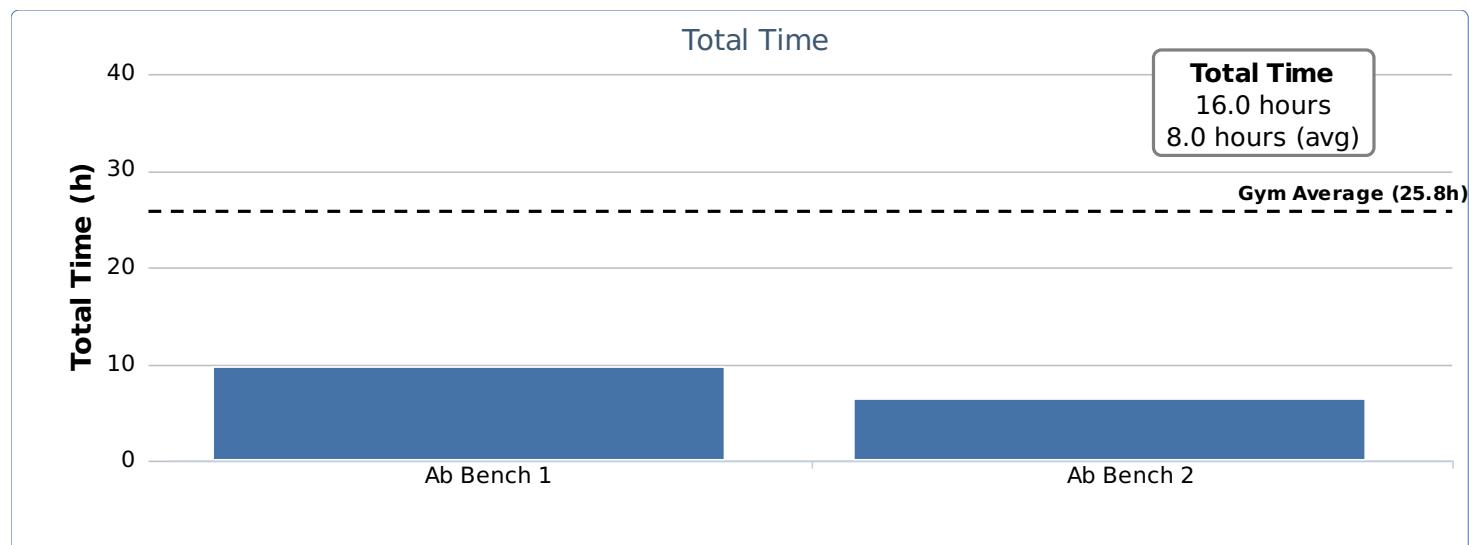
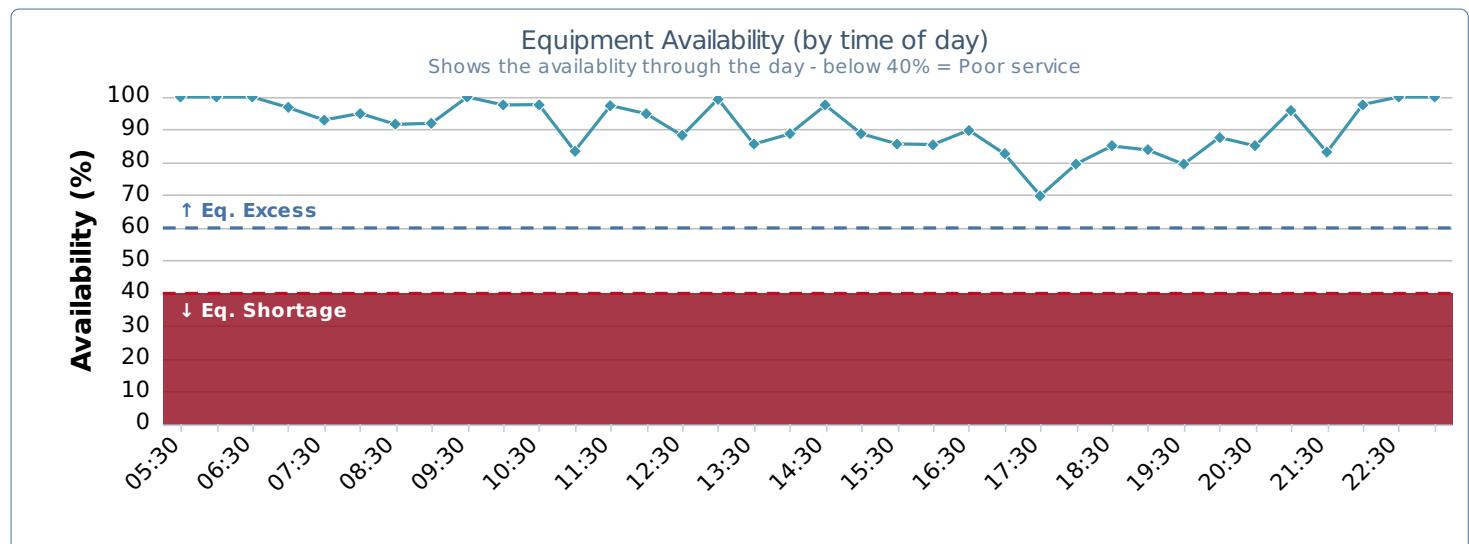
Remove 1 PL Row, reduce from 1 to 0

Model predicts present 77% level of Availability (in peak) will change to 0%



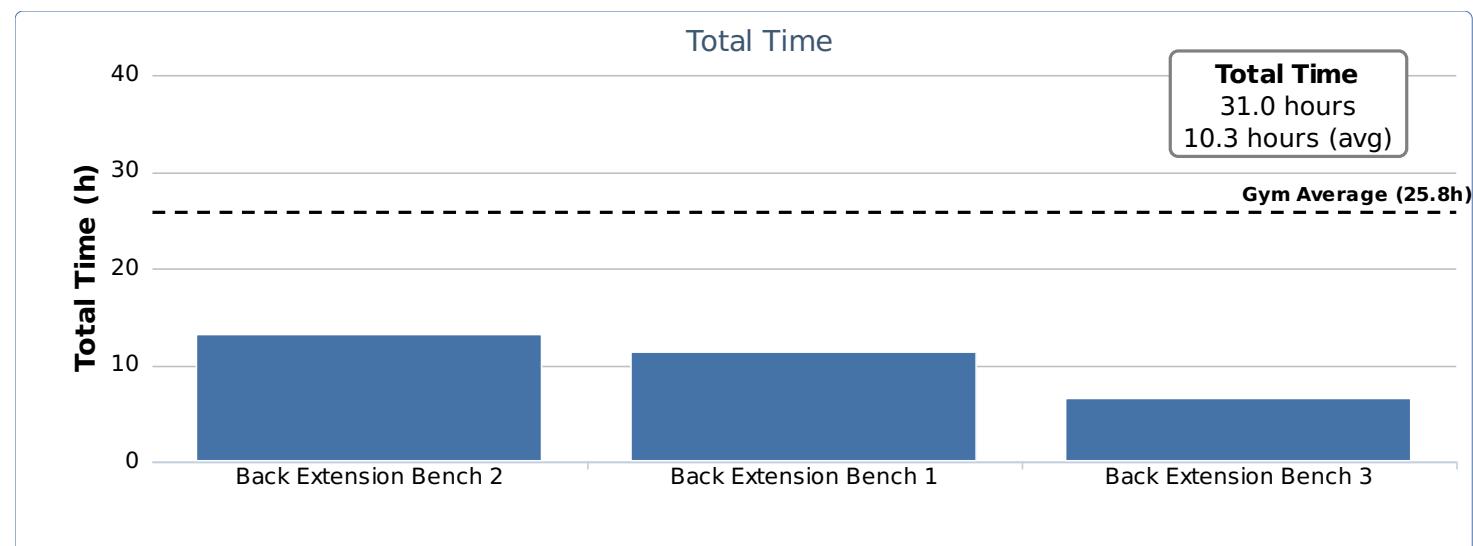
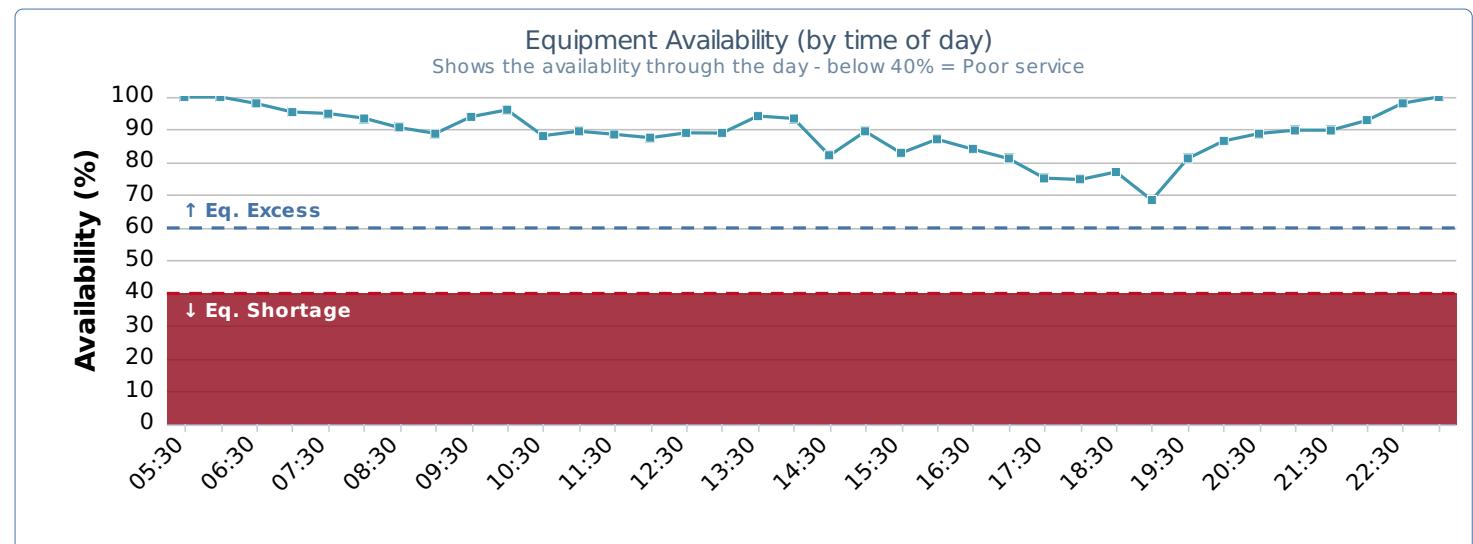
Remove 1 Ab Bench, reduce from 2 to 1

Model predicts present 78% level of Availability (in peak) will change to 56%



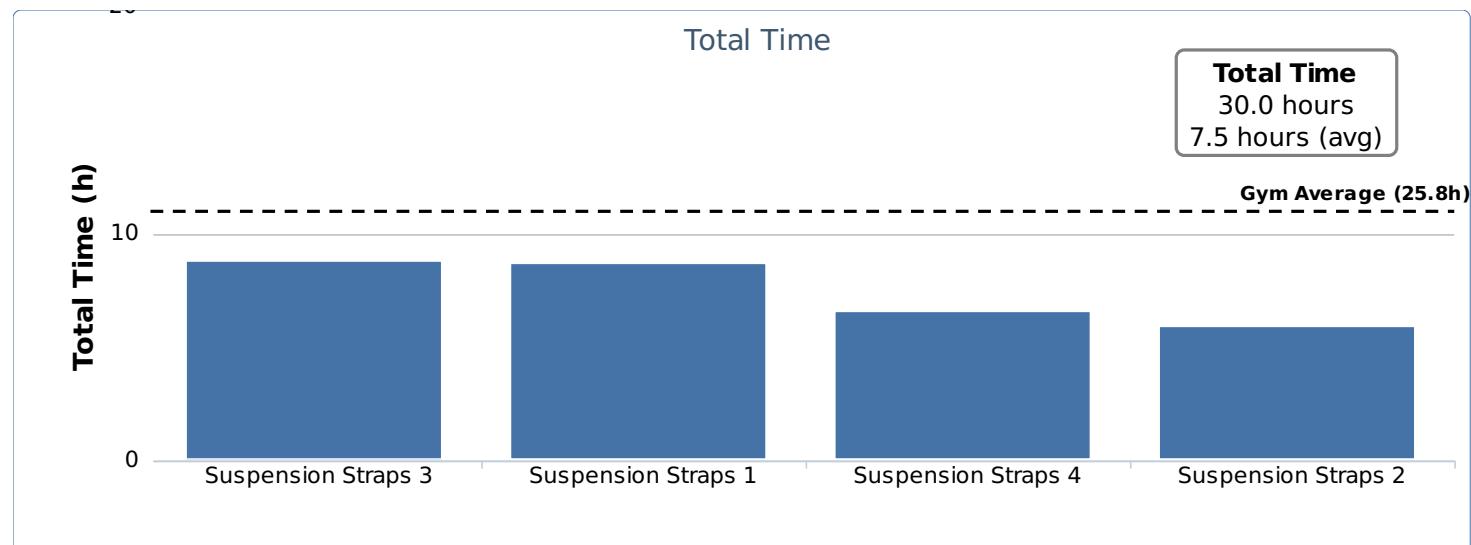
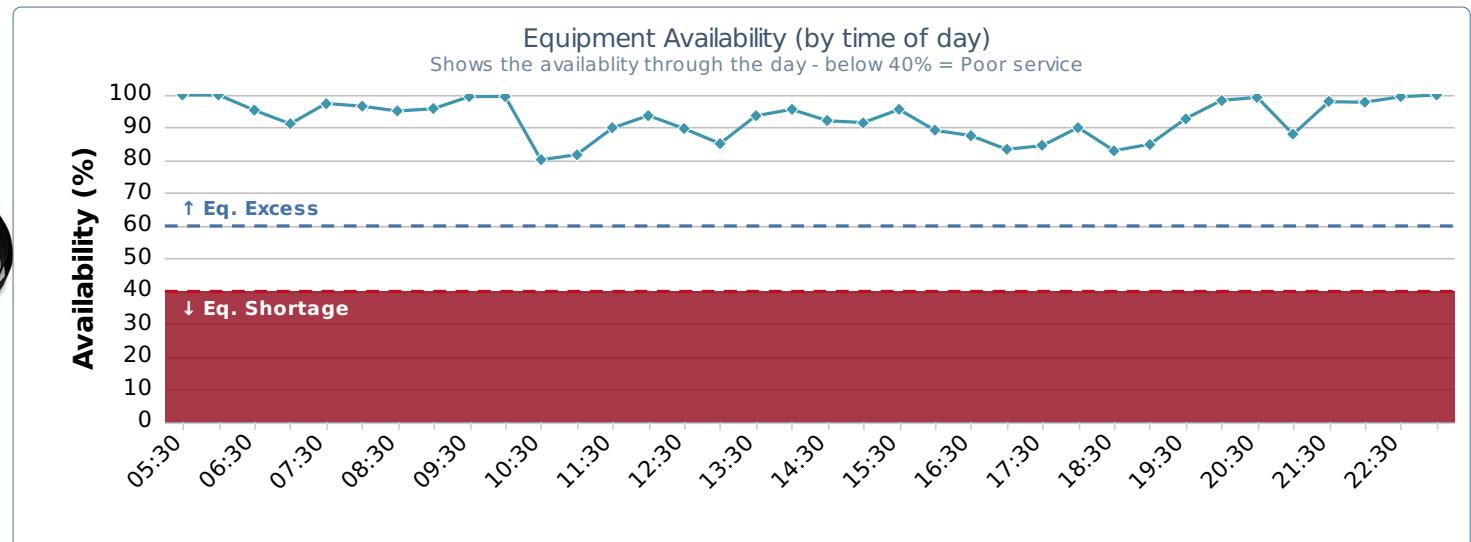
Remove 1 Back Extension Bench, reduce from 3 to 2

Model predicts present 76% level of Availability (in peak) will change to 64%



Remove 2 Suspension Straps, reduce from 4 to 2

Model predicts present 86% level of Availability (in peak) will change to 72%



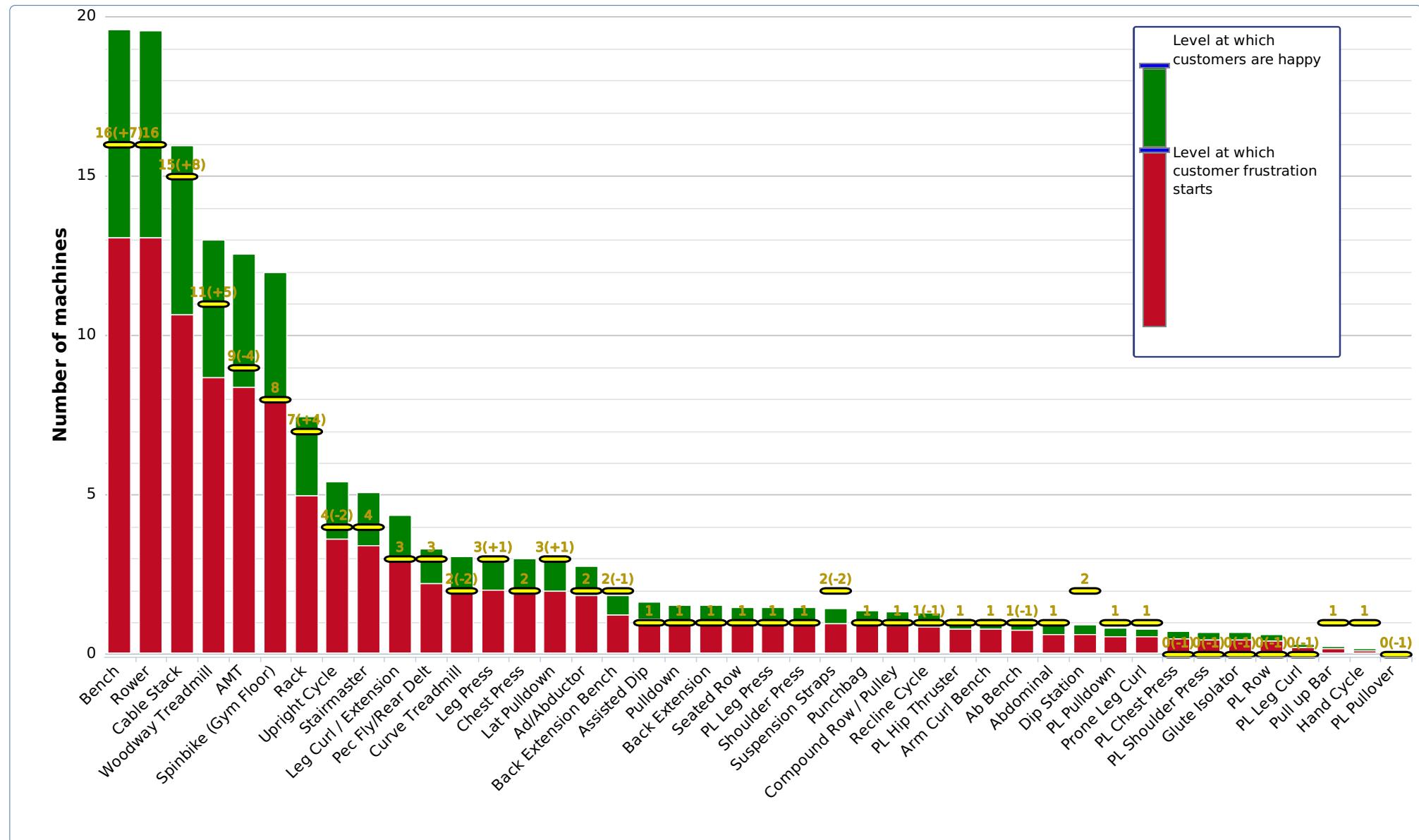
ASVZ Polyterrasse Dec 2024

Equipment Requirement

Track My Gym
every workout counts

Time Filter: 17:30 to 19:00

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



ASVZ Polyterrasse Dec 2024

Comments - Simulation

Simulations:

Recommended Additions:

Equipment Type	Previous Amount	New Amount	Change	Old Availability	New Availability	Change in space	Change in cost
Cable Stack	7	15	+8	9%	51%	+24 m ²	+€5,000
Bench	9	16	+7	13%	47%	+39 m ²	+€4,375
Dumbbells	0	5	+5	0%	0%	0 m ²	+€1,875
Woodway Treadmill	6	11	+5	14%	47%	+15 m ²	+€37,500
Rack	3	7	+4	1%	43%	+32 m ²	+€7,500
Flat Bench Rack	0	2	+2	0%	0%	+15 m ²	+€1,750
Platform with Rack	0	2	+2	0%	0%	+24 m ²	+€5,000
Lat Pulldown	2	3	+1	41%	54%	+3 m ²	+€2,375
Leg Press	2	3	+1	40%	53%	+5 m ²	+€3,125
Smith Machine	0	1	+1	0%	0%	+8 m ²	+€1,875
Incline Bench Rack	0	1	+1	0%	0%	+6 m ²	+€875
Summary	29	66	+37	11%	27%	+170 m²	+€71,250

Recommended Removals:

Equipment Type	Previous Amount	New Amount	Change	Old Availability	New Availability	Change in space	Change in cost
AMT	13	9	-4	61%	44%	-18 m ²	-€25,000
Upright Cycle	6	4	-2	64%	46%	-6 m ²	-€8,750
Suspension Straps	4	2	-2	86%	72%	-8 m ²	-€250
Curve Treadmill	4	2	-2	70%	39%	-10 m ²	-€10,000
Glute Isolator	1	0	-1	73%	0%	-4 m ²	-€2,375
Recline Cycle	2	1	-1	75%	49%	-3 m ²	-€3,375
PL Shoulder Press	1	0	-1	74%	0%	-4 m ²	-€3,125
Back Extension Bench	3	2	-1	76%	64%	-4 m ²	-€375
Ab Bench	2	1	-1	78%	56%	-6 m ²	-€375
PL Chest Press	1	0	-1	73%	0%	-4 m ²	-€2,500
PL Row	1	0	-1	77%	0%	-4 m ²	-€2,500

PL Leg Curl	1	0	-1	88%	0%	-5 m ²	-€1,875
PL Pullover	1	0	-1	95%	0%	-3 m ²	-€2,500
Summary	40	21	-19	76%	28%	-79 m²	-€63,000

Net Difference:

Equipment Type	Previous Amount	New Amount	Change	Old Availability	New Availability	Change in space	Change in cost
Summary	124	142	+18	50%	41%	+91 m²	+€8,250

Equipment List

Equipment Type	Amount	Space	Cost
Free Weights			
Bench	16	88 m ²	€10,000
Rack	7	56 m ²	€13,125
Dumbbells	5	0 m ²	€1,875
Flat Bench Rack	2	15 m ²	€1,750
Platform with Rack	2	24 m ²	€5,000
Smith Machine	1	8 m ²	€1,875
Arm Curl Bench	1	4 m ²	€375
Incline Bench Rack	1	6 m ²	€875
PL Leg Press	1	4 m ²	€3,125
PL Pulldown	1	4 m ²	€2,500
PL Hip Thruster	1	3 m ²	€2,375
PL Shoulder Press	0	0 m ²	€0
PL Chest Press	0	0 m ²	€0
PL Row	0	0 m ²	€0
PL Leg Curl	0	0 m ²	€0
PL Pullover	0	0 m ²	€0
Resistance			
Cable Stack	15	45 m ²	€9,375
Lat Pulldown	3	9 m ²	€7,125
Leg Press	3	15 m ²	€9,375
Pec Fly/Rear Delt	3	13 m ²	€7,125
Leg Curl / Extension	3	9 m ²	€7,125

Chest Press	2	9 m ²	€4,750
Back Extension Bench	2	8 m ²	€750
Ad/Abductor	2	9 m ²	€4,750
Dip Station	2	6 m ²	€2,500
Abdominal	1	4 m ²	€2,375
Prone Leg Curl	1	4 m ²	€2,375
Compound Row / Pulley	1	4 m ²	€3,125
Shoulder Press	1	4 m ²	€2,375
Pulldown	1	4 m ²	€2,375
Seated Row	1	4 m ²	€2,375
Back Extension	1	4 m ²	€2,375
Pull up Bar	1	0 m ²	€0
Ab Bench	1	6 m ²	€375
Assisted Dip	1	4 m ²	€2,375
Glute Isolator	0	0 m ²	€0
Cardio			
Rower	16	50 m ²	€23,408
Woodway Treadmill	11	33 m ²	€82,500
AMT	9	40 m ²	€56,250
Spinbike (Gym Floor)	8	24 m ²	€7,000
Upright Cycle	4	12 m ²	€17,500
Stairmaster	4	12 m ²	€20,000
Curve Treadmill	2	10 m ²	€10,000
Recline Cycle	1	3 m ²	€3,375
Hand Cycle	1	3 m ²	€2,500
Functional Training			
Suspension Straps	2	8 m ²	€250
Punchbag	1	9 m ²	€375
Summary	142	579 m²	€339,033