FAQ

What equipment are you putting into the gym?

We will be replacing all the existing equipment with Matrix Fitness cardio and resistance machines. In addition there will be a free weights area and a functional hub.

Why do you have to close the gym?

To ensure that we can safely remove the old equipment, decorate and install the new equipment we need to keep the gym closed. We aim to do this in the shortest time possible.

How long will the gym be closed?

We anticipate that the gym will be closed for a period of approximately three days, between Tuesday 22nd – Thursday 24th April, reopening on Friday 25th April. These dates are approximate based on the work schedule and are subject to change.

What about my membership fee while the gym is closed?

All existing annual and direct debit members can use the gym facilities during the month of April at Silsoe Community Sport Centre.

What classes will be available while the gym is closed?

As a number of classes normally take place on the gym floor, these unfortunately will be unavailable during the days the gym is closed for refurbishment. However the new layout of the gym will allow for the classes to resume upon reopening.

How will I track my workouts with the new equipment?

Members will be able to download the eGym app to allow you to track workouts, view training plans, take part in gym challenges and measure activity levels.

What about my existing Technogym app?

Once the new equipment is installed the Technogym app will no longer link to the equipment. You will still be able to review your activity on the app, but any future activity will not be recorded.