

Mike James Health & Fitness Studio

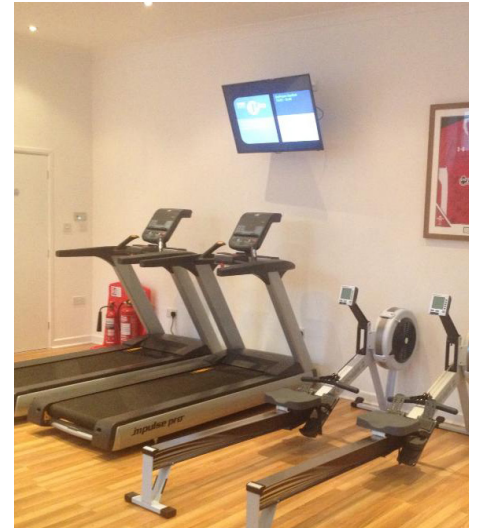


MJ Health and Fitness Studio, was opened in 2013 and is a good example of one of the very friendly and welcoming small personal training studios very friendly and welcoming small personal training studio Anytime Leisure has worked with. The services offered at MJ Health and Fitness include, one to one personal training, weight loss programming, pre and post natal exercise, sports conditioning, rehabilitation and nutritional coaching. We worked with Mike from the start of the project to develop plans and give advice on layout, design and equipment choices. The focus for both of us of course, was to achieve his vision of a functional, modern studio that would help him assist his clients in reaching their goals.

Obviously there are requirements for a space like this to have key pieces of gym equipment like a treadmill, cross trainer and bike, however Mike expressed a strong interest in creating a modern environment that supported functional activities like suspension training, kettlebells and ViPR. The large space at the far end of the studio was fitted with a Beaver Fit Functional Training Rig wing attachment to facilitate the TRX training area Mike wanted to incorporate. Also in this functional section of the studio we installed an Impulse IFFT Dual Adjustable Pulley, which is one of the most versatile pieces of functional cable equipment available. The studio's cardio equipment offering also features Impulse equipment in the form of two PS300 Indoor Cycles alongside R700 series Treadmills and Upright Bikes.



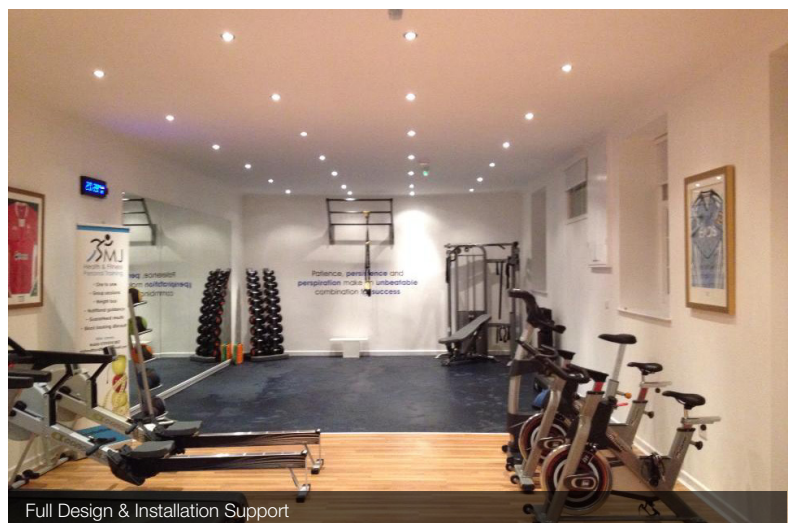
State of the Art PT Studio



Impulse Treadmills & Concept 2 Rowers



Impulse Strength Machines & Jordan Fitness Weights & Accessories



Full Design & Installation Support

"I dealt with Anytime Leisure throughout my whole project and Ryan, the Sales Manager was fantastic. I explained what my needs for the studio were and Ryan advised me on which equipment would suit my needs best. The team helped me with the layout and design of the studio which was very valuable. I highly recommend dealing with Anytime Leisure because they were efficient, reliable and very friendly throughout the whole process. Ryan answered any queries promptly and still more than happy to help with any queries I have. I'm very grateful for this and I look forward to dealing with Anytime Leisure in the future."

- Mike James, Owner and Personal Trainer at MJ Health and Fitness

Key Products

1. BeaverFit Wall Mounted Wing Attachments
2. Impulse PS300 Indoor Cycle
3. Impulse IF Functional Trainer
4. Impulse RT700
5. Impulse RU700