

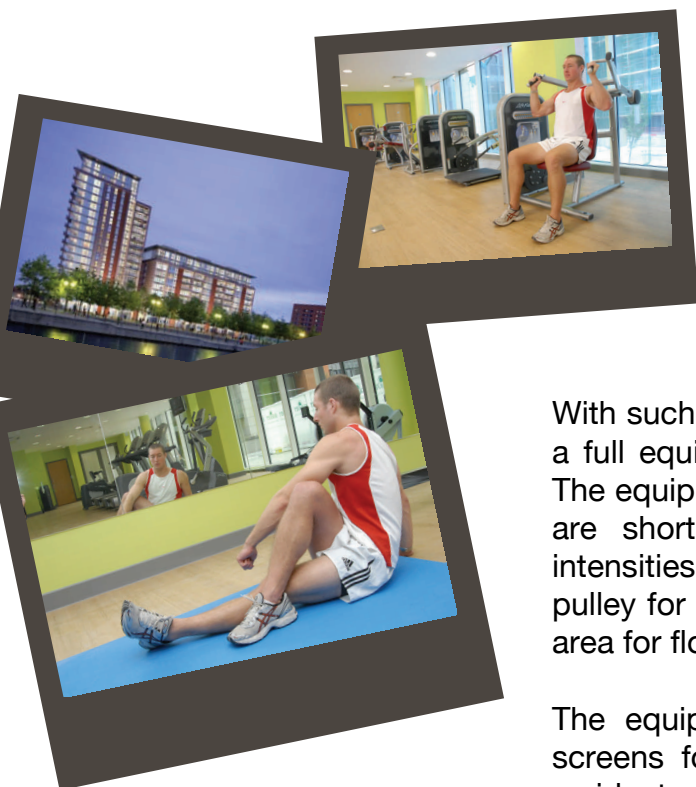
# CAPITAL EAST: ROYAL VICTORIA DOCKS

Barratt East London

## CASE STUDY

Developed by Barratt East London, Capital East is a luxury development of waterfront apartments and penthouses in London's historical Royal Docks. With its seamless combination of cutting-edge, contemporary design and fantastic dockside location, it adds a stunning new dimension to the transformation of the Docklands, which is fast-becoming one of London's most dynamic districts.

In addition to the apartments' superb specification, including designer fitted kitchens, spacious living/dining area, en-suite facilities and terraces/balconies to most units, Capital East provides a fully-equipped gymnasium with male/female changing facilities whilst security is maintained throughout with a 24-hour concierge and audio entry system technology.



With such a fantastic space to work with, we were able to provide a full equipment specification that maximized use of the facility. The equipment provision features an express circuit for those who are short of time, allowing a full-body workout at varying intensities that is very user-friendly. There is also a dual-action pulley for a more thorough training session as well as a large mat area for floor-based workouts and stretching.

The equipment is arranged in two rows, focusing on plasma screens for motivation and enabling maximum use by multiple residents at peak times. Capital East also utilises motive8's maintenance package, meaning the equipment is serviced on a quarterly basis and remains as good as new.

**“The gym at Capital East is a key feature placed at the heart of the development to create a sociable facility for residents – it's a first class gym.”**

Tunde Orelaja, Managing Surveyor, Barratt East London.