

# CYCLOPS WHARF: ISLE OF DOGS

Parc Properties

## CASE STUDY

**Cyclops Wharf is a riverside complex located on the western side of the Isle of Dogs. Built in 1986, it offers 180 luxury apartments and 24 mews style houses.**

The gated complex has 24hr portage, CCTV security and a well-equipped leisure centre with a swimming pool. The fitness suite at Cyclops Wharf had originally been installed by another firm, before motive8 started up in 1998. Due to its age, the facility was in need of complete refurbishment and in November 2008, motive8 was brought on board to design and consult on a new gym specification.



The development as a whole houses a large number of residents so the gym needed to cater for all types of exercise requirement and abilities. Set over a large footprint, the gym offers a comprehensive selection of Life Fitness cardiovascular equipment alongside strength and resistance apparatus to provide a full body workout. There is also floor matting, a good selection of free weights and Swiss balls for core stability exercises.

The gym is open 7 days a week and utilises a secure key fob access system to ensure exclusivity for residents as well as an enjoyable and comfortable workout environment at all times.

