

# KENNET ISLAND: READING

## St James' Homes

## CASE STUDY

Built by St James' Homes, Kennet Island is a vibrant new destination which offers a lifestyle to suit a wide range of tastes and needs. Located just south of Reading, residents have access to a car club as well as a dedicated bus service into town.

Kennet Island boasts a landscaped central piazza complete with water features, trees, a unisex hair salon, coffee shop, dentist and convenience store. The new residents'-only gym occupies a prime location on the piazza.

With such a diverse mix of residential tenures, the onsite gym needed to cater for a large number of users, each with very different fitness requirements.



To enable maximum enjoyment and usability for all users, motive8 opted to install a comprehensive selection of Technogym cardio equipment. This included 4 treadmills, 3 cross-trainers, 2 recumbent bikes and 2 upright bikes. We also added 2 Concept2 rowers.

For resistance training, we installed a full selection of Technogym Element+ resistance machines complemented by a Dual Adjustable Pulley, an assortment of free weights and 2 adjustable benches.

For warming up and stretching, we provided 2 Swiss balls alongside 2 stretching areas.

Access is controlled via secure key fob access with the gym open 7 days a week between 6am and 10pm.

