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New training options at Champneys Henlow thanks to Connexus

INSTALLING a Matrix Connexus has enabled Champneys Henlow to utilise a previously redundant space and offer innovative HIIT classes to members and guests.

The luxury health spa in Bedfordshire recently re-located the gym to a larger more functional studio, leaving behind an empty gym space.

Not wanting to waste this, the fitness team chose to install a freestanding Connexus unit – allowing them to introduce specific training classes to the gym without disturbing the existing timetable.

The unit has multiple adjustable attachment points and can accommodate up to six members working together in a class, or independently.

Louise Day, Fitness and Wellbeing Director for Champneys Group said: “When we relocated the gym we struggled to best utilise the space that was left.

“Matrix recommended Connexus, which has given us the opportunity to introduce a completely new concept to the studio timetable.

“It’s so versatile with the different attachments that we can create many different exercises in a relatively small area. The space now enhances the choice of classes we can offer and our members are delighted with it!”

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Johnson Health Tech UK Ltd

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The Connexus unit is expandable and repeatable with both wall-mounted and freestanding options available, as well as expansion kits.

Thanks to the versatility of Connexus, Champneys Henlow can now offer small group training sessions such as 30-minute HIIT classes, plus the opportunity for personal training sessions in the Connexus space.

Caroline Richings, Key Account Manager for the Hospitality Sector at Matrix, said: "Champneys Henlow approached us looking for a solution to maximise the potential of the former gym space, to help them to alleviate pressure on the gym equipment during peak times.

"We are delighted that the members are enjoying this innovative piece of equipment. We aim to work with our customers to deliver fitness solutions that meet the individual user's needs, and therefore help them to achieve their specific training goals."

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About Matrix Fitness

Matrix Fitness – the fastest-growing commercial fitness brand in the world - is the commercial division of Johnson Health Tech. Matrix is comprised of a

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complete range of premium, commercial-grade cardiovascular and strength-training equipment for health clubs and other fitness facilities.

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