



Epsom and Ewell High getting fitter

Lifestyle Fitness and Bourne Education Trust have announced they will be working together to provide the leading sports facilities at **Epsom & Ewell High School** to the local community.

Lifestyle Fitness will begin operations at the site from 1st September. Development of this facility will see Lifestyle Fitness take over management of the existing sports amenities, which include outdoor pitches, tennis courts, a brand-new sports hall, and even a sprinting track, whilst also developing a Lifestyle Fitness gym, studio space, and group fitness classes. This combination of sports facilities, fitness suite and group exercise studios will make the club the perfect hub for fitness and wellbeing for students, teachers, and the community.

"We're so thrilled to be opening our 25th site and working in partnership with the Academy to provide these facilities to the community" said Lifestyle Fitness Managing Director, **James Lawrence**. "The facility will be the perfect location for the town's fitness needs, whether it be to play football or tennis outdoors, or to take a group exercise class or get a workout in at the gym."

The facility, which is situated within Epsom & Ewell High School, forms part of the planned growth and development of both Lifestyle Fitness and the Bourne Education Trust, who currently have a partnership at another school site, located at The Matthew Arnold School in Staines. Students of all ages will benefit from use of the facility during the school day, with the gym floor and sports facilities opening from 4:30pm for the wider community on weekdays, and 9:30am to 5:00pm on weekends.

"After working with Lifestyle Fitness for many years at The Matthew Arnold School in Staines, I am delighted to welcome them to Epsom & Ewell High School to manage the sports facilities on our behalf." said **R. Davey**, Bourne Education Trust Sports Director. "I look forward to seeing the benefit this will have on the local community and surrounding areas in the coming months. We have collaborated with numerous schools and educational trusts over the last forty years."

James continued. "Their positions as vital hubs in the local community that connect students, teachers, parents, and the wider town allow us to do what we do best: create healthier and more active communities, with a focus on well-being. With facilities like these, we can take fitness and wellness to an even wider audience in the local area."

You can follow lifestylefitness.co.uk/club/epsom for any more information and updates on the club's progress. Anyone wishing to join the club ahead of its opening can also do so now online, with memberships from as low as £14.99 per month when using the promotional code 'EARLYBIRD'.

Morgan Kimbel