

Centre news

MARCH 2018



Exciting times ahead

New Milton Health and Leisure are proud to announce an exciting redevelopment of our facilities to include a new weights room and relocation of gym equipment.

NEW WEIGHTS ROOM

The existing squash courts will be renovated to provide one large open space of 120sqm with a new entrance situated in reception. We will install some new equipment including an incline bench press, ISO lateral pullover, ISO low row, new bumper plates, four lifting platforms, boxing bag and decline bench as well as relocating existing equipment.

Access for the new weights room will be for 16yrs and above. We will look to provide some workshops and of course all members will have the opportunity to book in a review to revise their programme or ask for some advice on the new facilities.

As with every building project, there will be a level of disruption. We will be doing everything possible to keep this to a minimum

- The current weights room (Foundry) located at side of sports hall) will be closed from Wednesday 2 May until the opening of the new weights room on Monday 7 May. This is to enable us to relocate the equipment.
- Due to the requirements of the contractors there will be reduced parking as the side car park will be closed for use as a builders compound.

Throughout the project we will be keeping you up to date with progress and timescales, and look forward to welcoming you to your new facilities in May 2018.

GYM

The gym will be reconfigured with the aim to provide more suspension training rigs and more floor space. Both the half rack and some of the heavier dumbbells will make their way into the new weights room. We will however be keeping some dumbbells and benches in the main gym.



Key dates for customers

It will be business as usual throughout the whole project although the current squash courts and weights room (Foundry, located at side of sports hall) will close.

Squash courts will close

Wednesday 21 March 2018

Current weights room will close for relocation of equipment

Wednesday 2 May 2018

New weights room opens

Monday 7 May 2018

Keeping you informed

We have created a customer information area in the entrance to the centre. All updates and further information relating to the refurbishment will be displayed here. You will also be able to see the floor plan for the new weights room layout; and we hope to provide weekly update photos. Thank you for your understanding and patience during this time. If you have any questions, please do not hesitate to get in touch. Follow us on Facebook, to ensure you stay up to date with all the latest news and everything else that's happening at New Milton Health & Leisure

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Changes to centre parking after 5.00pm and weekends during the school refurbishment

Temporary parking will available in the school car park from Monday 5 March 2018 for approximately 12 months.

Arnewood School are embarking on a large improvement plan over the next 12 months improving the aesthetics and efficiency of the building amongst other improvements. This will affect our centre users parking.

The side gate will remain locked as a builders compound will be situated in the current overflow parking area.

Centre users will be able to use the school car parks, Monday - Friday after 5.00pm, weekends and school holidays in any spaces available. All vehicles will need to enter and exit the school car parks from Gore Road.

Customers are requested to walk to the centre by use of Gore Road pathway.

The school have marked out some extra spaces to the rear of the school grounds. We understand this may require a little more walking and possible congestion in both car parks, please allow five minutes extra to attend your bookings.

