



MDL MARINAS

**News Release**  
**For Immediate Release**  
**19 August 2021**

**MDL's eco gym opens on 1<sup>st</sup> September in Plymouth - Join for Free**

MDL Marinas is delighted to announce that its first MDL Fitness eco gym is opening on the 1<sup>st</sup> September at its Queen Anne's Battery marina in Plymouth.

To celebrate the opening of its flagship green gym, MDL Fitness will be waiving the joining fee, with new members being able to join for free from now until 3<sup>rd</sup> October 2021.

For as little as 69 pence per day, local residents, berth holders and visitors can transform their workouts into a power source in this new 35-plus station gym, which features the innovative SportArt ECO-POWR™ equipment. The ECO-POWR™ treadmills, cross trainers and bicycles harness up to 74% of a user's kinetic energy spent exercising, before converting it to utility grade electricity.

By simply plugging the cardio equipment into a standard outlet, MDL Fitness will send the AC power generated by the gym's members back through the gym's power grid to offset its energy consumption and reduce its carbon footprint.

But it's not just the exercise equipment that makes MDL Fitness a standout eco-friendly fitness centre.

"The whole gym has been built with sustainability in mind," says Tim Mayer, MDL's sales and marketing director. "The flooring has been made from recycled tyres, the ventilation system has heat recovery making it more energy efficient and the gym furniture comes from a sustainable source. Even the staff uniforms are made from 100% recycled plastic."

Open to all, the gym features a cardio and weights area, as well as group cycling, and will be run by an MDL Fitness manager and qualified personal trainers. Users of the gym will also be able to track their progress and energy production against local and global leader boards through a specialist Wellness APP.

An open weekend will be held on the 2-3 October 2021, where anyone interested in joining can come along with their friends, use the gym for free and meet the new fitness team.

"We're looking forward to welcoming the first members through the doors," adds Tim. "There are three levels of membership, from a day pass to annual membership, as we wanted to give members as much flexibility as possible, offering them the most enjoyable and sustainable fitness experience that we can in this lovely waterside location."

MDL Fitness' new green exercise facility at Queen Anne's Battery is the first of four planned eco-gyms at MDL's marina locations.

To find out more and join MDL Fitness for free visit [www.mdffitness.co.uk](http://www.mdffitness.co.uk).



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## Ends

### Notes for editors:

#### MDL Marinas Group Ltd

- MDL Marinas Group is the UK's leading marina and water-based leisure provider and one of Europe's largest marina groups, offering members over 120 destinations to cruise to in the UK, France and Spain. Currently MDL Marinas manages 18 UK marinas and one in Spain.
- MDL Holidays is part of the MDL Marinas Group, offering waterside holidays in luxury lodge and holiday park accommodation.
- New to the MDL Marinas Group, MDL Fitness is a range of green gyms where the fitness equipment converts human kinetic energy into electricity.
- MDL Marinas Group is proud to be landlords to over 500 marine businesses, with over 260 staff delivering the unique MDL experience to all berth holders, visitors and commercial partners.
- The company also advises on worldwide marina developments.
- For more information visit [www.mdlmarinas.co.uk](http://www.mdlmarinas.co.uk)

#### MAA

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