



MDL MARINAS

**News Release**  
**For Immediate Release**  
**14 December 2021**

**Get fit for less with Christmas and New Year offers from MDL Fitness**

Gym goers can get fit for as little as 62 pence per day in 2022 with MDL Fitness' Christmas and New Year offers.

Until the 24 December 2021 you can join MDL Fitness for 12 months and pay for just nine. In addition, the eco gym at MDL Marinas' Queen Anne's Battery marina in Plymouth will be waiving its joining fee between 27 December 2021 and 31 January 2022, offering individuals the perfect opportunity to fulfil their 2022 New Year's resolutions and health and fitness goals.

With both of these fantastic offers, new members also receive a free 30-minute personal training session, introducing the gym and helping to design a personalised workout programme.

"Whether someone is thinking about trying out a gym for the first time, wants to train as a couple in a friendly environment or has been working out for some time, these offers are ideal for kick starting a new healthy regime in 2022," says Matthew White, Fitness Manager at MDL Fitness.

"Not only will they be doing something positive for themselves, they'll also be doing something positive for the environment with our state-of-the-art electricity generating equipment."

The 35-plus station gym with stunning sea views features the innovative SportsArt ECO-POWR™ cardio equipment which harnesses up to 74% of a user's kinetic energy spent exercising, before converting it to utility grade electricity. By plugging the equipment into a standard outlet, MDL Fitness sends the AC power generated by gym members back through the gym's power grid to offset its energy consumption and reduce its carbon footprint.

Gym users can monitor their training progress and track energy production through a specialist wellness app. Points are also earned, and rewards given at the gym for milestone levels of electricity produced by individuals.

Completing the eco-friendly gym, which has been built with sustainability in mind, is a cardio and weights area and group cycling, basically everything needed for an invigorating work out with the added bonus of uninterrupted views of Plymouth Sound.

Matthew continues: "There's something for everyone, wherever they are starting from. We're now open 24/7, and I'm looking forward to welcoming members in 2022 and working with them to achieve their fitness goals."

To find out more and join MDL Fitness for free during the promotional period visit [www.mdlfitness.co.uk](http://www.mdlfitness.co.uk) and use the code JOIN4FREE.

**Ends**



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## 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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Susannah Hart  
Email: [susannah@maa.agency](mailto:susannah@maa.agency)  
Tel: +44 (0) 23 9252 2044