

Asian Express Business news

Your National and Local Business Round-up

# The Gold standard in gyms




## Record memberships at Listers Health during Olympic spectacle

**After clinching 67 medals at the Olympics, and a further 147 at the Paralympics, it is fair to say that Team GB's athletes smashed all expectations and records out in Rio.**

Closer to home, records were also being broken at a Bradford ladies-only gym, as Listers Health signed up more members over the four-week period of the two international games than ever before.

Maureen Coverdale is the Gym Manager and Personal Trainer at Listers Health and says she was pleasantly surprised to hear the rush of running shoes at the door.

"Everyone just seems to have gotten back into fitness all of a sudden," she said. "Ever since opening our doors for the first time, we have seen a steady increase in members every week.

"However, throughout the Olympic and Paralympic Games, the demand for memberships boomed to a level we have never seen before.

"On the day of the closing ceremony of the Olympics in Rio, a record number of ladies signed up to the gym. It seems our Team GB athletes are inspiring a nation of women to get fit and active."

Based in the historic Lister Mills building, Listers Health is the number one ladies gym in the city, with a range of the latest cardio and resistance equipment available for all members.

Over 40 exciting classes run free of charge every week, whilst a relaxing steam room and an infrared sauna provide the perfect post-workout treat for them sore muscles.

Alternatively, why not call into the in-house beauty studio, for a pampering treatment, worthy of any gold medal.

"If you are hoping to achieve a toned body like Jessica Ennis-Hill or build up the fighting strength of Nicola Adams, we can help you achieve all your goals here at Listers Health," Maureen said.

"Our personal trainers are on hand to provide the advice and guidance you need to succeed. All that's missing now is you."

With expansion plans currently underway, which will see the site become the largest studio-focussed gym in the city, there has never been a better time to sign up to Listers Health.

Contact them today and begin your Olympic training with the 'Green Team'.






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