



## MEETING PAPER

Meeting: Events and Comms

Date: 11/09/2024

~~CONFIDENTIAL~~/NON-CONFIDENTIAL

### Details

I would like to request funding for the purchase of gym/exercise equipment so then I can run circuit training type of activities within Whitton Community Hall. Whitton Community Hall is a great space to run these sorts for indoor activities, it is kept to a high standard and has all the needed facilities (Such as on site toilets etc). In addition, this provides a nice progression from the outdoor exercise sessions I have been running at Whitton Greens outdoor gym equipment. Obviously through the winter these outdoor sessions will not be able to carry on, therefore, I propose that I move into Whitton Hall. I feel that these indoor sessions will be much more popular compared to the outdoor sessions. Moving forwards into next summer my intention is to keep these indoor sessions running, but also promote the outdoor sessions. Hopefully by May next year I will have built up a regular attendance base through these indoor sessions, then the outdoor sessions can be promoted to these people and hopefully it grows from there.





Approximately 16% of the UK's population have a gym membership and as I am sure you all know, exercise classes are very popular among people. These classes can cost anywhere between £5 and £8 per session and we will be running them for free! I think this in it's self provides enough justification that these sessions will be popular and in demand, however, if you would like to read further; this report from Pure Gym provides a nice insight into the fitness industry.

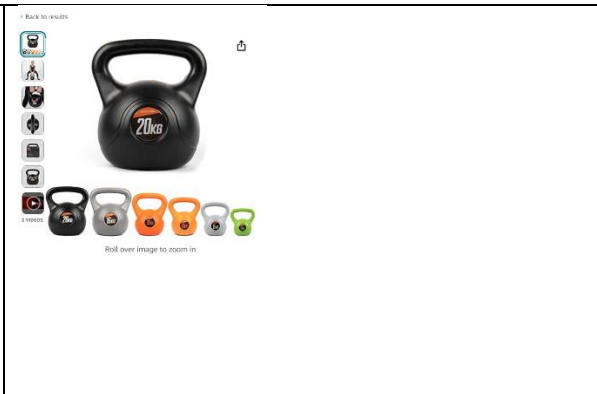



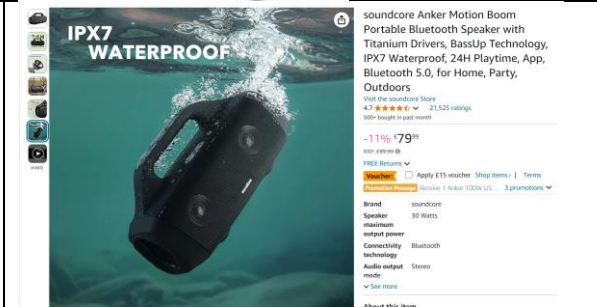
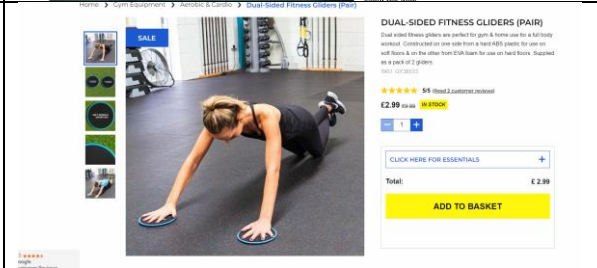
[The UK Fitness Report – 2023/24 Gym Statistics | PureGym](#)

My ideal plan would be to run two sessions a week to start with, one morning and one evening class. If these were popular then there would be no reason as to why I could not run more sessions. I am designing the sessions to have a maximum capacity of eight. Although I could get more people into the sessions I feel it would come at a cost to the quality of the session, therefore, I have opted for eight as the maximum to ensure that the quality of service delivered is kept to a high standard.

There is no on-going cost to this project (Other than electricity etc for the hall). So the only costs will be the start up costs to purchase equipment. Most equipment will have an long projected lifespan of anything upwards of 2 years. Some equipment such as yoga mats may need replacing more regularly at approximately every year. I am requesting a budget of up to £750 for the initial purchase of equipment.

If I can successfully get two sessions running at maximum capacity then I can reach 16 people per week. Reaching approximately 64 people per month and 768 per year. This would work out to each session costing us around £1 per person, I feel this would be a great return in investment and would be saving the people of Lowestoft hundreds of pounds if they regularly attend. There would also be scope to run these sessions at Gunton community hall within the future, although transportation of equipment between sights could be time consuming and difficult.

Equipment	Photo	Supplier	Price	Total Cost (Including VAT)
<a href="#">Yoga Mats</a>		Amazon	£12.99 per mat	£105
<a href="#">Step Up Block</a>		Amazon	£18.99 per block	£60
<a href="#">Rubber Dumbbells</a>		Amazon	1.5kg is £11.06 3kg is £16.38 5kg is £22.94	£55
<a href="#">Rubber Dumbbells</a>		Amazon	7kg is £36.77 9kg is £44.99	£85

<a href="#">Kettlebell</a>		Amazon	6kg is £19.99  12kg is £29.99  20kg is £41.99	£95
<a href="#">Slam Balls</a>		Net World Sports	7kg is £17.99  12kg is £25.99	£44
<a href="#">Resistance Bands</a>		Amazon	£12.99	£13
<a href="#">Gym Bench</a>		Amazon	£55	£55
<a href="#">Speaker</a>		Amazon	£80	£80
<a href="#">Gliders</a>		Net World Sports	£2.99	£3
<b>Total Cost: £600 Minus VAT = £480</b>				

The remaining £270 can be used as both a backup fund if something does break and for the purchase of any additional equipment needed which I may have forgotten. It is difficult to think of every scenario when planning, therefore, once sessions begin there may be some small additional equipment needed. This also allows me enough budget to increase capacity within the sessions if I feel I can do so. For example, if I increase the capacity by 2, I will need an additional two yoga mats etc.

#### Recommendations/Decision

A decision needs to be made on whether the council would like to fund the purchase of this equipment. If so, would they be willing to fund all of it or just some.