

19<sup>th</sup> December 2018

## Fun and fitness with Gerflor at Bingham Leisure Centre

Experts are constantly telling us that if we're not getting enough regular exercise, we're depriving ourselves of possibly the most powerful medicine of all, and the government recommended guidelines are 150 minutes of moderate intensity exercise a week. It's a notion that's been a contributory factor to the burgeoning growth and development of sports and leisure centres in the UK.

Located in Nottingham, the Bingham Leisure centre is a community-based fitness facility aimed at providing both fun and fitness to enable residents to stay fit, active and healthy. The centre offers a 25m competition pool, 12.5m teaching pool, fitness suite, sports hall, aerobics studios and an outdoor athletics track. The centre is operated by Parkwood Leisure who have been working in partnership with Local Authorities to deliver leisure services for over twenty years.

Recently the Bingham Leisure Centre underwent refurbishment and wanted to include their gym area in the overall 'refresh'. The gym would see international flooring specialist Gerflor supply 120m<sup>2</sup> of their fast track GTI Max product and their astounding Powershock 300 sports flooring.

Gerflor offer a superb range of flooring solutions which combine technical and design characteristics for a range of sports and fitness environments. Achieving stunning looks coupled with high levels of safety and performance can often be a challenge, however their range of durable fitness solutions stand the test of time even in heavy traffic environments delivering superior performance every time. Gerflor have been delivering sports wellness since 1947 and are a trusted partner in the fitness world supplying solutions for all areas of a fitness facility offering users safety, comfort and performance.

Alex Jones, Fitness Manager, Bingham Leisure Centre said, "we chose Gerflor as they are on our list of preferred companies to use. Also, we had heard that their reputation on other projects was extremely good". He went on to add, "the flooring was incredibly easy to install as it took only two days and went down very easily without any fuss."

Gerflor's GTI Max range is ideally suited to a variety of health and fitness applications with high resistance for extreme traffic. It also offers easy installation and maintenance for less disruption to the daily operation of any fitness facility. It provides one of the best PVC heavy traffic flooring solutions in the marketplace and offers a truly fit for purpose product that delivers an easy, long-lasting renovation resolution for specifiers and contractors alike. The GTI Max wear layer is reinforced by specific oblong fillers that offer outstanding resistance to traffic and is reinforced with 2 glass fibre grids on either side of an intermediate pressed homogeneous layer. GTI's backing is a 4mm thick black pressed homogeneous sheet and its surface is a coloured homogeneous sheet 2 mm thick. GTI Max is 100% recyclable and is also made with up to 80% recycled content.

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It comes with the polyurethane surface treatment PUR+ for ease of maintenance and specifiers and designers can also benefit from mixing and matching colours to create corners and walkways using its modular tile format in 23 stunning colour choices. GTI Max is also 100% REACH compliant, Floorscore® certified, free of formaldehyde, free of heavy metals and solvents and manufactured in an ISO 14001 and ISO 50001 certified site. GTI Max delivers TVOC emissions 10 times better than norm requirements (TVOC < 100 µg/m<sup>3</sup> after 28 days).

Commenting further on the unique aspects of the project Alex Jones added, "this was our first new flooring for a number of years as we had carpet there before which was very dated. We are incredibly happy with the result of the Gerflor flooring as it now makes the gym look fantastic. When we initially re-opened the gym, members commented on the new floor and the feedback we have had has been incredibly positive.

Powershock 300 from Gerflor is a high impact rubber flooring solution that is designed to be both functional and hardwearing. The Powershock range is more durable and easier to clean and maintain, providing up to 5 times more resistance to indentation than a standard rubber flooring. Powershock 300 is a 30mm thick high impact rubber flooring tile ideal for free weight and heavy weight areas in any gym or fitness facility. Their pre-installed connector pins make for easy installation. **Powershock 300** avoids deep-impact damage while providing outstanding sound deadening. Powershock 300 tiles are made from vulcanised rubber to increase their strength and durability, the non-porous wearlayer is impermeable and odourless. Powershock 300 also delivers fantastic shock absorption qualities and sound installation of 26dB, whilst also providing important protection for the existing subfloor.

Alex Jones went on to finally conclude by saying, "The Gerflor floor is perfect for our gym and is performing very well giving the free weights area extra protection from weights being dropped. We would definitely use Gerflor again for any future jobs".

Learn more about Gerflor solutions; ask for a free sample or contact us to speak to a specialist today by calling 01926 622 600, emailing [contractuk@gerflor.com](mailto:contractuk@gerflor.com), or visit [gerflor.co.uk](http://gerflor.co.uk) for the latest innovations.

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