

**case study  
Leisure  
Trust**



South Lanarkshire Leisure manage over 20 Leisure Centres and other facilities including golf courses, outdoor pitches etc. for South Lanarkshire Council.

**Gerry Campbell, the Trust’s General Manager**

explains their approach to equipping the fitness area at Fairhills Lifestyle Centre, their first new build site: “rather than approaching this the usual way, i.e. from the perspective of the majority of users, we focused instead on provision for smaller groups from niche markets and disabled users. This reversal of the usual approach means we have adequately catered for everybody and achieved the primary objective of inclusive fitness, making equipment work in mainstream facilities”.

The Trust chose HUR because it was suitable for all ages and abilities, eliminating the need for two types of equipment and enabling them to accommodate and integrate all users. This approach proved so successful at Fairhills that it was an easy decision to build on this and it was naturally adopted as part of the company culture. HUR has now been installed at three of the Trust’s sites.



**Equipment Ranges**

- Mainline
- Easy Access Line
- IFI Accredited Range
- Smart Card Option
- Rehab Line

**Safe and easy to use**

- HUR’s air resistance system reduces stress on joints and connective tissues making machines safe for a diverse range of user groups.
- It produces a more consistent resistance profile that makes the movement feel smoother and easier to execute.
- A simple to use + and – push button set the resistance. The private resistance dial, only visible to the user, reduces competitiveness and intimidation.
- Ongoing collaborative scientific research and development with universities and practitioners worldwide ensures HUR’s safe and practical application and because HUR is made to order the latest findings are incorporated into products and software.



HUR is designed for all ages and abilities and can help attract people that are often hard to reach - seniors, GP referrals, young and disabled people. It is equally suitable for mainstream exercisers





**Patrick Murphy, Fitness Manager**

“ Success has been based on not making any special arrangements for the HUR equipment. We initially approached HUR from a disability/inclusion perspective but soon realised its potential was greater than this. It is included within everyone’s induction. Customers vote with their feet, people like using it, for different reasons - each person has their own perception. Its atypical appearance is a benefit and this non-intimidating aspect means we get more people strength training.

The profile of the users visiting our centres is very different now to what it was 10 yrs ago. HUR fits with the newer profile, but also engages with our more traditional users. For example at our Carluke Centre it is popular with the more serious weight trainers.

One of the interesting developments has been in how HUR has helped develop the Trust’s relationship with the PCT who use the gyms with a vast range of their client groups. A training-exchange, within a service level agreement has been established with Lanarkshire Primary Care NHS Trust, with staff from both sides helping train each other in areas where benefit can be gained from sharing expertise – at no cost to either partner. ”

**Non intimidating**

HUR machines have no weight stacks so they are smaller than traditional weight stack machines and their visual appearance is less intimidating.

**Space and cost savings**

Smaller machines, some incorporate two exercises for space and cost savings.

**Circuits**

Quicker circuit workouts reduce demands on user time improving retention, throughput and income and potential. Housing a circuit in its own room is cost effective, as little, if any, building work is required. This provides extra capacity at peak times and programming flexibility with more privacy and appropriate instruction for specific user groups.

We will be happy to discuss and/or look at your project.  
Please call us on 01206 798864



**Our Services**

- Site visit, survey and report
- Equipment selection and layout advice
- Computer Aided Gym Designs - 2D and 3D
- Provision of cardiovascular equipment and freeweights
- Equipment servicing and maintenance
- On site staff training
- On site engineer and telephone technical support
- Building work and redecoration
- Finance/leasing options