

case study
**Sawyers
Hall
College**



Shane Jones – Assistant Director of Specialism (Community)

“When the College achieved Sports College status in July 2009 a refurbishment of the sports hall and changing room was undertaken. The original fitness room, with equipment donated from various clubs, had lost its appeal. To provide a more attractive option we decided to upgrade this area with the aim of appealing to a wider range of ages. This was the primary attraction of HUR equipment - as it has enabled us to do this safely.

As some of the machines offer two exercises in one it also means we are able to offer better functionality in the available space. A further benefit is that the private resistance dial means you can't see the level others are working at, which makes it less 'macho' and means students train within the limits of their own physical ability.

The upgraded fitness area will allow us to further develop our partnerships with our local special school as well as being accessible to our four primary schools partners who are within a half-mile radius.”



Equipment Ranges

- Mainline
- IFI Accredited Range
- Easy Access Line
- Rehab Line

Safe and easy to use

- HUR's air resistance system reduces harmful stress on joints and connective tissues making it safe for all ages and abilities.
- This safety aspect makes it suitable for adults, sports teams and elite athletes, young and disabled people (IFI Accredited Range).
- A simple to use + and – button sets the resistance level.
- The private resistance dial, visible only to the user, reduces competitiveness and intimidation.



Smart Card

HUR's integrated IT system adds a dimension students relate to. It provides help and feedback with video guidance and usage/performance monitoring. Data can be used for cross curricular study in Maths, Science, IT etc.





“ We have set up a room next to the gym as a lab where Sixth formers can work on the structure and development of exercise programmes. They can then apply their knowledge, working alongside fully qualified instructors, in a ‘real’ environment. This work experience will be useful for all students involved especially those considering further education or a career in sports and fitness.

I would like to improve participation by girls and will be running 8 week ‘courses’ sponsored by Sky in the upgraded fitness room. We hope these will increase naturally via word of mouth to others, including their mothers. Although not yet overly worrying we are mindful of a growing perception that surgery may be an alternative to exercise in changing shape. Consequently our focus is towards healthy living rather than on sporting excellence.

The College already offers many of its sporting facilities for community use and the new fitness room will increase this provision for local residents. ”

Space and cost savings

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

Silent operation

The air resistance system works silently, which improves communication for teaching.

Circuits

Quicker circuit workouts reduce demands on curriculum time.

Up to date

Ongoing collaborative scientific research and development with universities and practitioners worldwide ensures HUR’s safe and practical application and because machines are made to order the latest findings are incorporated into products and software.

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