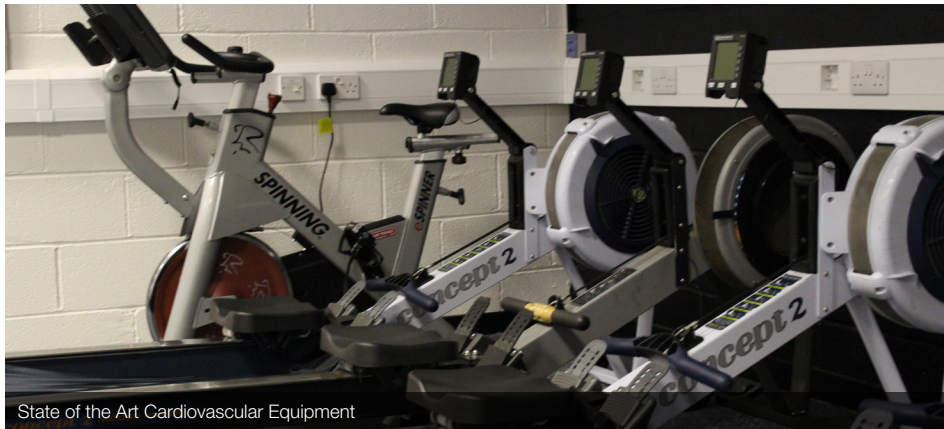


# Dundee & Angus College



In November 2013 Dundee & Angus College was delighted to unveil their new bespoke strength and conditioning suite situated within their facility at the Saltire Leisure Centre in Arbroath. Anytime Leisure were pleased to be chosen as one of the partners to work on this exciting project that saw the College install specialist flooring, weights, platforms and strength equipment to facilitate the development of the students skills across a number of areas while working towards their qualifications.

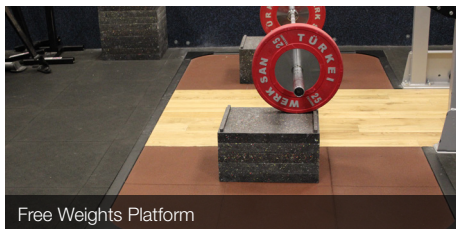
When working with their Anytime Leisure account manager, the staff at Dundee & Angus College made it clear that their specialist Olympic lifting area needed to be flexible and they had to be able to have multiple athletes/students working at the same time within the small space they have available. Dugald (Anytime Leisure) advised that traditional lifting platforms take up quite a lot of space and suggested embedding the platform within a larger lifting area covered with specialist rubber tiles. This meant that moving benches and equipment around a busy space would be far easier because the floor is completely level and that several people could be safely performing high impact exercises/lifts at the same time. The plywood base which was used to align the flooring and platform also offers additional protection to the expensive equipment and concrete floor below.



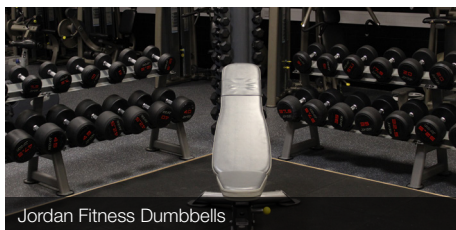
State of the Art Cardiovascular Equipment



IWF Accredited Werk-san Weight Plates



Free Weights Platform



Jordan Fitness Dumbbells



Impulse Fitness Dual Adjustable Pulley

Although the project's focus was enhancing the teaching and learning experiences for those involved with Dundee and Angus College's sport and fitness programmes, the facility has brought health and fitness benefits to students, staff and the wider community.

Our focus during the Dundee & Angus College project was in helping them meet their specific needs and requirements, since the way the facility is used could be considered quite unique when compared to other commercial environments. It was crucial for us to fully understand

their requirements regarding space, safety and functionality.

"Anytime leisure provided an excellent customer care approach, ensuring they were efficient and flexible towards our specific requirements. The guidance and support provided throughout was excellent, Dugald demonstrated a broad and in-depth knowledge of the current equipment range which was available, providing us with relevant advice."

Chris Simpson, Sport and Fitness Lecturer

## Key Products

1. Star Trac Cardiovascular Equipment
2. Impulse Dual Adjustable Pulley
3. Werk-san Weight Plates
4. Jordan Dumbbells & Plyo Boxes
5. Exigo Functional Rig