

Chris Bowman Fitness



Chris Bowman Fitness (CBF) is a great example of one of the small independent gyms that Anytime Leisure has worked with in the past three years. The gym is located at the local Squash and Tennis Club in Helensburgh and its offering consists of a fitness/dance studio which is used for delivering the extensive class timetable and a gymnasium is currently being extended to accommodate the facility's growing demand. The staff at CBF offer both individual personal training, up to 6 group classes a day and over 30 each week ranging from Metafit and Spinning to Yoga and now Suspension training.

Anytime Leisure have worked with this business several times over the past three years to provide spin bikes, studio equipment and the full installation of the fitness suite. Opened in 2010, the gym has gone from strength to strength and now has a growing team of expert staff. When we asked Chris Bowman, owner and founder about the business' relationship with Anytime Leisure, he told us;

"I don't think I would be where I am today without the help of Anytime Leisure and in particular Director, Jonny Curley when I first started out 3 years ago." – Chris Bowman

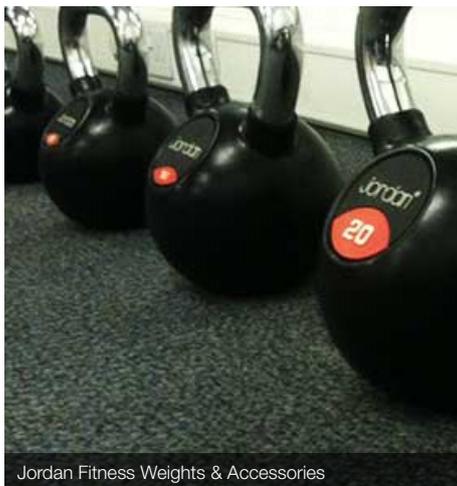
Smaller gyms often have a difficult time trying to decide what equipment to install in their facility. The fewer machines or stations a gym has, the greater the importance of having the right ones. To help Chris with these decisions the Anytime Leisure account manager always provided detailed layouts and plans to ensure that they were maximising the use of his space. Anytime Leisure will work with the client with these 3D plans to ensure that the layout and choice of equipment is what's best for the client and their customers.



Star Trac NXT Spin Bikes



Jungle Gym USA Suspension System



Jordan Fitness Weights & Accessories



State of the Art Star Trac Cardiovascular Equipment

"The quality of equipment sets the standard of what we offer. As a small private gym and fitness studio it is important to offer our members the best of equipment that is reliable, easy to use, and robust. It also has to be aesthetically pleasing."

"Anytime were not just there to sell, sell, sell. Jonny and Suzanne have helped me to choose the appropriate equipment to suit what space I had and what clientele I was aiming for. I have always found the team to be very helpful and always keen to pass on their knowledge and advice."

- Chris Bowman, Owner and Personal Trainer at Chris Bowman Fitness

Key Products

1. Jordan Sandbag Pro
2. Jungle Gym USA Suspension System
3. Star Trac NXT Spin Bikes
4. Star Trac ETRXi Embedded Treadmills
Star Trac ESTi Embedded Stepper