

Melbourne CBD dwellers are in for a taste of the Goodlife

- Goodlife Health Clubs will launch its first city-based club in Melbourne at Docklands next Monday, 7 March 2016
- The state-of-the-art club boasts premium fitness equipment, a multi-level spin and functional training studio and Goodlife Health Clubs' first purpose-built HYPOXI studio
- The architecturally-designed club was built around the concept of bringing the outdoors in with natural timber, polished concrete and plant walls creating a bright, fresh feel

Goodlife Health Clubs has further cemented its reputation as a market leader in the Australian fitness industry, with the opening of its first club in Melbourne's bustling CBD - Goodlife Docklands.

Located on the concourse of Etihad Stadium (opposite Gate 2) in the heart of Medibank Place, the club has been designed with Melbourne city dwellers and commuters in mind, featuring several elements that are a first for the national fitness brand.

Goodlife Health Clubs Head of Fitness Lance Williams said Goodlife Docklands will cater to corporates, commuters and inner-city residents, 24 hours a day, seven days a week.

"Whether you want to try small group or functional training, TRX, yoga, barre or other mind/body classes, or even complement your regime with HYPOXI, Docklands will be a one-stop location for all your fitness needs," he said.

"Our functional training zone features a customised sled track, squat racks, kettlebells, Olympic-lifting platforms and more, enabling you to road-test the latest fitness trends, while our three level cycle studio will offer a fusion of group exercise classes and small group training sessions."

The state-of-the-art gym has been designed to maximise floor space and decrease the often cluttered feeling of gyms, all whilst keeping the 24/7 lifestyle of Melbourne residents in mind.

"Our multi-purpose group fitness area and spin studios are available for members to use when classes aren't running, giving gym goers more access and training options than ever before," Mr Williams said.

"Being a 24/7 gym, members will also be able to try a virtual class at any time of the day or night, while keen cyclists can BYO bike and train indoors using our wind trainers when the weather is too unpredictable."

Goodlife Health Clubs National Property Manager Ashley Rowe said that the decision to give the club a light, fresh feel came off the back of seeing an opportunity to compliment the aesthetics of the Medibank building and, essentially, bring the outdoors in.

"We're excited to reveal the spacious and open nature of the club, which uses natural materials and light wherever possible," he said.

"A key feature of the club is the 5km of recycled Queensland Spotted Gum used in the ceilings, floor and privacy screens, as well as a green wall and planter boxes throughout.



"It really is Goodlife like you've never seen it before."

Goodlife Health Clubs Docklands officially opens its doors on Monday 7 March, 2016.

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