



PREMIUM
FITNESS

Residential & Hotel
Gym Solutions

Our Projects



Australia 108

Southbank

Project Management: Sinclair Brook
Architect: Fender Katsalidis Architects

Avant Residences

Melbourne CBD

Istana Towers

Melbourne CBD

Facility Management: Essential Community

Gem Waterline Place

Williamstown

Facility Management: Essential Community
Architect: Elenberg Fraser



Queen's Place

Melbourne CBD

Project Management: Gallagher Jeffs
Architect: Fender Katsalidis Architects

Flinder's Bank

Melbourne CBD

Project Management: Sinclair Brook
Architect: Fender Katsalidis Architects

Boyd/Palladio/St Elia

Docklands

Facility Management: Boutique Property Group

Conder Tower

Docklands

Facility Management: Focused Property Group



Marina Tower

Docklands

Project Management: Sinclair Brook
Architect: DKO Architects

The Quays/Sebel Hotel

Docklands

Facility Management: Essential Community

Harbour One

Docklands

Facility Management: Essential Community

Precinct Apartments

Abbotsford

2 Bowen Crescent

South Melbourne



Aqui Promenade

Docklands

Royal Como

South Yarra

Project Management: Case Meallin
Facility Management: Essential Community

Imperial Apartments

Doncaster

Facility Management: Essential Community

Shangri-La Melbourne

St Kilda

Capitol Grand

South Yarra

Residential and hotel gym solutions

Premium Fitness is a fitness company providing gym solutions for developers, architects, facility management companies, and owners' corporations to residential buildings, developments, housing estates, and luxury hotels.

Working together with some of the most highly respected facilities management companies, developers, architects, project management teams, and owners' corporations; Premium Fitness has developed strategies to help with all stages of your gym and wellness areas development. From consulting on layout, design, and setup, to advising on equipment, ongoing management, and caretaking; Premium Fitness can work with you to help implement the best solutions for your project.

Companies we have worked with include:

- Fender Katsalidis Architects
- Sinclair Brook
- DKO Architects
- MAB Corporation
- Essential Community Management
- Gallaghers Jeffs
- Multiplex
- Hickory
- StrataOne
- StrataPrime
- Beyond Strata
- Focused Facility Management

Important Note

By implementing our programs; you are not only helping to protect the owners' corporation, but all of its members and are fulfilling a requirement often set in place by the building's insurer.

Why should you employ our services?

We will:

- Ensure your gym and wellness areas are customarily set up utilizing all available space effectively to meet all criteria.
- Create a safe and inviting environment for residents and guests to workout in.
- Regularly maintain and check all gym equipment to ensure safety to residents and guests.
- Show all residents and guests safe and effective technique on the gym equipment before starting.
- Create individual or group programs for residents and guests to enjoy in their building's wellness facilities.
- Ensures all owners have been instructed to create information manuals to pass onto their guests if arranging for their apartment to be rented out for the short or long term.
- By implementing our programs you are not only helping to protect the owners' corporation but all of its committee members.



A group fitness session being planned by Premium Fitness

“Consider this: an owners’ corporation is an unlimited liability entity in law. If a resident seriously injures themselves using gymnasium equipment, then the owners’ corporation and all of its members could be sued by the resident for failing to reasonably safeguard against a foreseeable injury.

An insurer may cover the owners’ corporation’s liability, so long as the owners’ corporation did its best to ensure that all residents were adequately briefed on all safety matters, and otherwise maintained and cleaned and repaired the gymnasium area and equipment, and was not negligent in any aspect.”

Bacon, T. (2014, October 2). Owners’ Corporation Law — Risks involved in providing gymnasiums. Docklands News.

By implementing our Premium Fitness Induction and Preventative Maintenance programs, you are not only helping protect the owners’ corporation but all of its members. All the following benefit from our programs:

• **Owners’ Corporations**

Premium Fitness’ Induction and Preventative Maintenance programs not only helps protect the owners’ corporation but also all of its members.

• **Insurance Companies**

If an unwanted lawsuit was to be pursued, the owners’ corporation can prove proper duty of care to their residents and guests with Premium Fitness’ Induction and Preventative Maintenance programs.

• **Facility Management**

Premium Fitness offers advice and recommendations on the general operations of the gym; including maintenance and cleaning. We ensure residents are following all guidelines set in place by the owners’ corporation. We also ensure that all trainers are qualified and hold all valid qualifications before training within the facility.

• **Residents and Guests**

Residents and Guests enjoy a range of activities and classes associated with wellbeing, health, and fitness. Premium Fitness is registered with MINDBODY, which can easily be linked to an existing internal intranet site for bookings.



The two stages

1. Development Stage:

- Consulting on planning, design, and layout within gym recreation areas.
- Equipment advice and recommendations.
- Sourcing quotes from equipment providers.
- Ensure set up criteria is met by equipment provider on completion of project.

2. Hand-Over:

- Ongoing induction programs.
- Preventative maintenance.
- Personal and group fitness training.

1. Development Stage

Planning, design, and layout consulting:

It is imperative when setting up a gymnasium within a development that all aspects of your resident's and guest's safety and wellbeing has been considered. You also want to get the best out of the space provided whilst remaining within budget. With years of experience and knowledge setting up, advising gymnasiums, and working with the most renowned equipment providers, Premium Fitness can help set up the right gym for your space.

Equipment advice and recommendations:

Once a floor plan has been established by the architects, we can take the floor plan and add the recommended equipment into the layout. Proper placement of equipment is important for not only aesthetic purposes but also for the safety of residents and guests whilst using the facility.

Sourcing quotes from fitness providers:

When equipment has been agreed upon by a developer, Premium Fitness will gather quotes from trusted equipment providers. Considerations will be based on quality of equipment, warranties, and costs. We can source many options and will find the best suited for the project.

Ensure set up criteria is met on completion of the project:

On completion of the project, Premium Fitness will attend the site to ensure that all scope of work by the equipment provider has been completed. This includes checking the layout of equipment, making sure it is the right equipment, and that it is all in working order.

2. Hand-Over

Ongoing induction programs:

Induction programs are conducted by our team of qualified fitness professionals. Residents and guests will be guided through the recreation facilities including all safety, emergency, and evacuation procedures before being shown proper technique and demonstrations on all gym equipment.

• Induction sessions include:

- A pre-exercise questionnaire to identify any potential health issues which may affect an individual's ability to exercise safely.
- Informing of proper etiquette when using gym facilities including bringing a towel to the gym, wiping down equipment after use, and not dropping the weights on the gym floor when training.
- A chance for residents to ask questions and spend some time with a trainer.
- Given a basic program which includes all exercises covered in the induction process.

Preventative maintenance:

Premium Fitness will conduct regular visits to all gym facilities as part of the ongoing management program. All equipment is tested by our staff to ensure that all equipment is safe and in good running order. If equipment is deemed unsafe, building management will be contacted and an 'Out of Order' sign will be placed on the equipment. The fitness provider or a specialized service technician will then be notified to commence repairs.

Personal training and group fitness communities:

To ensure the safety of residents and guests, all personal training will be overseen by Premium Fitness. We will ensure that all trainers are fully qualified and have all relevant insurances before commencing personal training within the development. Trainers will conduct themselves professionally and follow all guidelines set in place by the owners' corporation. Group training is a great way to bring residents together and share their facilities as a community. Premium Fitness can provide a variety of group fitness sessions within provided facilities or surrounding outdoor areas.

PREMIUM FITNESS

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