

Fitness First



Heating, Ventilating Air Conditioning Services within Fitness First

Westway maintain the air conditioning and hot water services within 80 of the 160 clubs throughout the UK. We have carried out this service for the past three years and have built up a close and trusted partnership.



Air Conditioning

All of the clubs are equipped with a variety of different air conditioning solutions, from single split air conditioning units to multi split VRV or VRF systems to central chilling plant.



The air conditioning plays a pivotal part of delivering a comfortable and welcoming environment to their members.

Hot Water Services

The clubs are equipped with a multitude of showers sometimes having as many as four shower blocks within any one club. This number of showers when operating all at once requires a lot of energy to reheat the water. This is achieved via quick recovery hot water heater units which have the capacity to store large volumes of heated water. These are heated by one of two methods, gas or electric.



With our network of mobile engineers we ensure that the clubs air conditioning and hot water service is operating to its optimum and have to react very quickly to any plant failures to ensure there is minimal down time which is not noticeable to the members.

Fitness First - Services Upgrades

We are working with Fitness First to upgrade some of their aging air conditioning plant throughout many of their clubs. This will mean removing their existing plant and installing newer technology which will operate with greater efficiency. This will assist in reducing their energy consumption throughout and should also see their carbon footprint reduce.

About Fitness First

Fitness First started small - as a single health and fitness club in Bournemouth in 1993.

Since then they have grown to become the largest gym, health and fitness club group in the world with more than 1.4 million Fitness First members in more than 540 Fitness First clubs. There's more than 160 Fitness First clubs in the UK alone.

They offer a different service to their wide variety of customers by providing gym instructors, fitness instructors and personal trainers. These dedicated people being their biggest single asset and instrumental in achieving their goal as the largest fitness and health group in the world.