

PHASE 2 GYM

The community-centred independent gym whose BODYCOMBAT offering is a hit with members

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Phase 2 Gym started out as a martial arts academy, run by Dan and his wife Jenny. Working out of school halls and sports centres, they had a vision of bringing the benefits of combat sports to as many people as possible. How would they do this? By creating an atmosphere that's warm, welcoming and supportive of people of all ages and abilities.

In 2018, Phase 2 Gym embarked on their Les Mills journey, investing in BODYCOMBATTM and a full Les Mills Virtual suite, with the aim of getting more people into group-based exercise.

As their facility is very rural, it may be the last place you would expect to find what they provide. However, the numbers speak for themselves as they boast between 650-700 members.

Phase 2 currently has over 120 classes per week on its timetable set to increase when their 'AREA: GX' studio opens. This new space will bring huge benefits to their fitness classes as it can also be used as an 'on-demand' option for their members.

Once BODYCOMBAT started running at Phase 2, the classes increased over time, with evening classes reaching maximum capacity of 25-30 participants. They also saw memberships increase in growth since introducing BODYCOMBAT, "It's an old favourite for many people. You come out sweating and smiling and that's imperative for us and our philosophy here at Phase 2. There has most certainly been an undeniable increase in members since we started offering BODYCOMBAT" Co-owner Dan Berry states.

Some members of Phase 2 Gym are also participating in martial arts classes here at their academy and so fits in with their fitness goals too.

Current WKO World Kickboxing Champion Aidan Taylor uses BODYCOMBAT at Phase 2 to help with his cardio training, "The cardio training in the build up to a tournament or a fight can be the most tedious part, but BODYCOMBAT allows me to get it done in a great atmosphere, building up my lung capacity, burning calories to make weight and carrying out almost identical technical movements to my sport at high intensity" says Aidan.

For Phase 2, their facility revolves around a sense of community and being able to deliver fun, enjoyable workouts which help their members to achieve their results and fall in love with fitness; BODYCOMBAT has become an important part of that offering.



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Dan Berry, Owner

120 classes per week

Evening classes reaching max capacity of 30 per class

WKO World Kickboxing Champion incorporates BODYCOMBAT in training schedule

