

Warsaw, 26th March 2024

PRESS RELEASE

Well Fitness opens its fifth club in Warsaw in Gocław Shopping Centre

Well Fitness opened its new 24/7 club with an area of over 2,300 sqm on 4 March 2024. The new club is located in the Gocław Shopping Centre, at ul. gen. Augusta Emila Fieldorfa “Nila” 41. The brand’s offer includes the Well Start programme for beginners, memberships for classes with a trainer certified by Rehasport (an international leader in orthopaedics and rehabilitation) and an unlimited access to Well Hydrated drinks. At Well Fitness clubs you can also exercise 24/7 with a Medicover Sport package.

Well Fitness Clubs - a friendly space for everyone

The club has been designed to help everyone feel comfortable in it and do their favourite workout routine in the best possible conditions. What sets Well Fitness apart is the atmosphere making everyone feel welcome regardless of sex, age, fitness level or previous sports experiences. Programmes such as Well Start help beginners start training. In addition to a free personal trainer consultation, club members can take part in classes in small groups with coaching provided in different gym zones every week. After four weeks they are ready to use the gym on their own.

“The unique introductory gym tutorial Well Start is a service that we are exceptionally proud of. Showing new club members around the gym and coaching them on an informed approach to taking care of their health and fitness is the embodiment of our mission – to promote building healthy habits. Well Fitness clubs also provide Rehasport-certified trainers who offer their expertise to those recovering from sports injuries, suffering from back pain caused by a sedentary lifestyle or from metabolic diseases, seniors or anyone needing support through rehab training,” says Maciej Kupis, Fitness Clubs Director.

A unique first-class offer

The Well Fitness club provides more than 2,300 sqm of gym space divided into different zones: cardio, functional, free weights, stretching, indoor cycling and fitness. It also has a strong offer for those favouring group activities - these include flagship activities such as BE FIIT, BE PUMPIN’, BE A WOMAN and BE HEALTHY in addition to popular Salsa classes or indoor cycling sessions.

“We are committed to developing and increasing the recognisability of Well Fitness as a brand in 2024, which is best evidenced by the opening our fifth club in Warsaw and 55th in Poland. We go the extra mile to meet the expectations of modern users who look for responsive gyms that adapt to their needs, not the other way round. With the health promoting offer, adoption of the latest trends in fitness rooms, 24/7 availability or upcoming new technologies designed to support workouts, Well Fitness clubs are the best choice for both beginners and those for



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whom physical activity is already an integral part of their lives,” says Justyna Gościńska, Business Unit Director - Sport & Fitness.

A strong complement to the offer of the Goćlaw Shopping Centre

The opening of the Well Fitness club also marks an important step in the development and commercialization of the shopping centre, which is anchored by well-known and loved brands such as Kaufland, Action, Deichmann, Pepco and Rossmann. With the Well Fitness club now open, the Goćlaw Shopping Centre provides an even more comprehensive offer.

“We are pleased that Well Fitness - an attractive and modern fitness club brand - has signed up to join the tenants of the Goćlaw Shopping Centre to address the needs of customers who expect a professional and wide offer. We are confident that for the inhabitants of Warsaw’s Praga-Południe district this opportunity to invest in health and physical fitness will be an additional asset of our shopping centre that will attract both regular and new customers,” comments Renata Weikert, Senior Consultant, Retail Agency, BNP Paribas Real Estate Poland.

As the Goćlaw Shopping Centre and the Well Fitness club (open 24/7) have different opening hours, the club provides a special, separate entrance designed for customer comfort.

BNP Paribas Real Estate Poland is responsible for retail space leasing, management and marketing services for the Goćlaw Shopping Centre.

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