



Global gym chain uses R22 issue to enhance experience for club members

When Fitness First needed to upgrade the air conditioning in its Oxford Circus club, the company needed to find a way to minimise disruption to both its club members and the business.

Fitness First has a network of more than 80 clubs in the UK alone and over a million members worldwide. The chain started as a single health and fitness club in Bournemouth in 1993 and still prides itself on having a one club mentality. Fundamental to this is ensuring that every customer receives the highest levels of service possible.

The Central London site in Great Marlborough Street had an ageing R22 air conditioning system and was earmarked for upgrade as part of the company's programme to tackle R22 phase out. .



Air Conditioning

Case Study

Fitness First
London

Making a
World of
Difference



Installation Summary

Fitness First has a network of more than 80 clubs in the UK alone and over a million members worldwide

The gym was using ageing R22 equipment which needed updating

City Multi Replace systems were installed to increase efficiency levels and reduce running costs



R22 refrigerant has been identified as having ozone depleting potential and a full ban on its use comes into effect at the start of 2015, so any business still using the technology after the end of 2014 will have to replace systems immediately if they need anything more than a minor service.

Spare parts for R22 equipment, which is now more than 10 years old, will now have restricted availability, so forward-thinking companies such as Fitness First have already assessed how many sites they have that are affected, and put in place a programme to swap out these systems quickly and efficiently.

“We not only had the R22 issue to deal with but we were also aware that modern air conditioning systems can increase the efficiency levels in each club helping to reduce both running costs and emissions,” explained Glyn Allen, Fitness First.

In all 14 indoor air conditioning units needed to be replaced and this is where Mitsubishi Electric’s unique City Multi Replace system came into its own as it meant that Fitness First could reduce installation costs by retaining the majority of the copper piping throughout the building.

The Replace technology cleans the existing pipework system and allows it to be re-used so that internal disruption is kept to a minimum and the refurbishment can generally be completed in days rather than weeks.

The process effectively swaps over the indoor and outdoor units making the whole installation process much quicker. This also significantly reduces the amount of work needed in each individual room within the building, leading to less down-time for the gym.

The Oxford Circus site also now benefits from the greater efficiency levels that modern City Multi air conditioning offers which means lower running costs for the club.

“Everything we do is about creating a clean and cool environment for our club users so it was important to us as a group that we tackled the R22 issue in a controlled way but also found ways to reduce our carbon emissions,” explained Glyn Allen.



Telephone: 01707 282880

email: airconditioning@meuk.mee.com

web: www.livingenvironmentalsystems.mitsubishielectric.co.uk

UNITED KINGDOM Mitsubishi Electric Europe Living Environmental Systems Division
Travellers Lane, Hatfield, Hertfordshire, AL10 8XB, England General Enquiries Telephone: 01707 282880 Fax: 01707 278881
IRELAND Mitsubishi Electric Europe Westgate Business Park, Ballymount, Dublin 24, Ireland
Telephone: Dublin (01) 419 8800 Fax: Dublin (01) 419 8890 International code: (003531)

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