THE WAY

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ELEVATING HEALTH & HIGH PERFORMANCE

Early this year we unveiled the new fitness gym and it's exciting to see how its being used. Designed to support every student and staff member on their health and wellness journey, this world-class facility bridges the gap between daily well-being and elite athletic training.

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The space is fully equipped with top-tier, modern machinery tailored to all fitness levels:

- **- Cardio Zone:** High-performance treadmills, stationary bikes, and rowing machines for peak aerobic conditioning.
- **- Strength & Conditioning:** A comprehensive selection of both fixed-resistance machines for targeted movement and high-quality free weights for functional movement.

How We Are Using the Space

This gym is far more than just a workout room; it is a dynamic learning and training hub integrated directly into College life:

- **- In the Classroom:** Health and Movement Science and Physical Activity and Sports Science classes have been actively using this space for specific training program development and analysis.
- **- College & Sport Programs:** During sport, students can work through specialised strength and conditioning programs. Coaches in our College programs are running

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customised training programs focused on injury prevention, explosive power and sport-specific endurance on Tuesday and Thursday afternoons.

- **- Staff Wellness:** Dedicated staff hours are available to provide our Thomas Hassall staff with the perfect space to destress, stay active and get big muscles like Mr Bursey.

Whether you are training for competition, learning the science of human movement, or simply looking to build healthier habits, this facility is ours to use.

Mrs Melanie Clarke
Senior School Teacher - PDHPE Coordinator

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