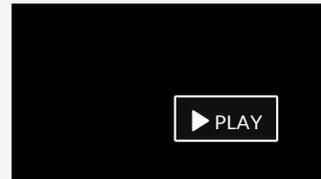




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## New gym vision for Stonebow House

Catherine Turnbull  
Reporter



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DETAILS have been revealed for a new gym concept set to open in the transformed Stonebow House development next year.

The gym will lease 8,800 sq ft on the remodeled ground floor and will offer a full range of gym equipment alongside studio space for classes, a state of the art spa recovery zone and a licensed bar and restaurant.

It will be created by motive8, said to be an international market leader in the design, installation and management of health and fitness facilities.

Motive8's managing director, Nick Sadler, was born and raised near York before setting up the company in 2000 and this will herald the first gym of this kind.

The external works to the building – which is being developed by Wetherby-based Oakgate Group – are expected to be finished in spring 2018 with the full fit out of the gym taking place soon after and opening by the end of 2018.

Mr Sadler said: "Since leaving Yorkshire when I was 19 years old to work in America, followed by starting motive8 in 2000, it has been an ambition to move back to Yorkshire and develop something a little different.

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"It's taken a bit longer than originally anticipated, but bringing together my passion for the industry, 20 years of experience and some fantastic people I've met long the way, when the opportunity came up to do a project in an iconic building within York's city walls, I knew now was the right time.

"I am so excited to bring this project to York and to provide an outstanding facility. I also hope that once we are up and running we can start to work closely with the community and support local projects enabling all ages to live well and be active. This place will be a lifestyle, not just a gym."

Richard France, managing director of the Oakgate Group, developers of Stonebow House said: "The new gym will offer a unique fitness facility, being completely different to any currently available in York and will complement the transformation of Stonebow House.

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"The remodeled Stonebow House will help in the continued regeneration of this part of the city. It will link the prime retail area of Parliament Street with the Hungate development and the thriving Fossgate area."

The building is being redesigned and refurbished with two commercial units and 17 luxury apartments above.

Stonebow House was built in 1964, following York's slum clearance programme and has often featured in worst building lists in the UK.

An announcement on the remainder of the commercial space is expected soon.



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