

The Commie gym has been refurbished – so what are you waiting for?



The gym at the Royal Commonwealth Pool has had a refurbishment, and they have some really innovative new equipment!

The refurbishment at the Royal Commonwealth Pool's gym includes brand new state of the art equipment (cardiovascular and strength equipment) being installed including water rowers, skill mills and power mills. In addition, there is a specially designed functional area featuring a new mini synergy unit, which is ideal for dynamic small group training, one on one personal training and for individual exercisers.

The gym has been given a new modern hard floor surface, replacing the carpet and wall mounted televisions have been installed, which display corporate offers, advertising and sporting events.

<http://www.theedinburghreporter.co.uk/wp-content/uploads/2016/09/Commie-Pool-gym.mp4>

Sitting in the shadow of the spectacular Arthur's Seat on Dalkeith Road, the Royal Commonwealth Pool offers a wide range of modern health and fitness activities for all the family in a venue refurbished in March 2012.

The City of Edinburgh Council's £37m redevelopment revitalised this light and airy 1960s building, giving it a new lease of life in time for the 2014 Commonwealth Games, when it hosted the diving competitions. It is the only venue to host three

Commonwealth Games in 1970, 1986 and 2014 and is Edinburgh's only 50m pool.

The refurbishment of the gym at the 'Commie' follows closely on the heels of the gym refurbishment at Portobello Swim Centre. Drumbrae Leisure Centre is also undergoing a major refurbishment, which is due for completion in October. At the end of last year, Edinburgh Leisure had invested £1 million in fitness equipment in five of its 15 gyms.