

14 November 2023

The Gym Group plc
("The Gym Group" or "the Group")
Board Change

Leading low-cost gym operator, The Gym Group plc announces that, after seven years' service, Emma Woods, Senior Independent Non-Executive Director, will be stepping down as a director of The Gym Group on 31st December 2023.

In line with the Board's succession planning, Elaine O'Donnell will replace Emma as Senior Independent Non-Executive Director and Wais Shaifta will take on the role of Chair of the Remuneration Committee.

John Treharne, Chair of The Gym Group, said: "I'd like to thank Emma for her years of service on our Board. With a keen interest in health and fitness, she has made a significant contribution to many areas of our business, notably in brand and marketing, and has been particularly instrumental in the recent CEO recruitment process. Now that is complete, we wish her all the very best as she moves on to focus on her other commitments."

Emma Woods, Senior Independent Director of The Gym Group, said: "It has been a privilege to work with the amazing team at The Gym Group over the past seven years, helping them in their mission to improve the health of the nation. Their continued expansion across the UK, providing a much-needed low cost offering in the fitness sector, is testament to the commitment and focus of a team I have been proud to be a part of. I feel very confident that Will and John now head up a leadership team that is ready to write the next chapter of this exciting business."

For further information, please contact:

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Notes for editors:

The Gym Group was a pioneer of the low-cost gym model and operates over 230 high quality sites across the UK. These gyms offer 24/7 opening and flexible, no-contract membership. As at 30 June 2023 there were 867,000 members nationwide. Our gyms have over 53 million visits per annum, score highly on member satisfaction and are consistently rated "excellent" on Trustpilot. The Gym Group is the UK's first carbon neutral chain of gyms.

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