

7 November 2024

The Gym Group plc ("the Company")

Notification of a Transaction by a Person Discharging Managerial Responsibility ("PDMR") and a Person Closely Associated ("PCA") with the PDMR

The relevant notification set out below is provided in accordance with the requirements of the UK Market Abuse Regulations.

1	Details of the PDMR					
a)	Name	Elaine Margaret O'Donnell				
2	Reason for the notification					
a)	Position/status	Non-Executive Director				
b)	Initial notification /Amendment	Initial Notification				
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor					
a)	Name	The Gym Group plc				
b)	LEI	213800VCU9TBANZIN455				
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted					
a)	Description of the financial instrument, type of instrument Identification code	Ordinary Shares of 0.01 pence each GYM ISIN: GB00BZBX0P70 SEDOL: BZBX0P7				
b)	Nature of the transaction	Acquisition of shares				
c)	Price(s) and volume(s)	<table border="1"> <tr> <td>Price(s)</td> <td>Volume(s)</td> </tr> <tr> <td>£1.619806</td> <td>12,500</td> </tr> </table>	Price(s)	Volume(s)	£1.619806	12,500
Price(s)	Volume(s)					
£1.619806	12,500					
d)	Aggregated information - Aggregated volume - Price	 12,500 £20,247.58				
e)	Date of the transaction	7 November 2024				
f)	Place of the transaction	London Stock Exchange				

1	Details of the PCA	
a)	Name	Andrew James Curwen
2	Reason for the notification	

2	Reason for the notification						
a)	Position/status	PCA to Elaine Margaret O'Donnell					
b)	Initial notification /Amendment	Initial Notification					
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor						
a)	Name	The Gym Group plc					
b)	LEI	213800VCU9TBANZIN455					
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted						
a)	Description of the financial instrument, type of instrument Identification code	Ordinary Shares of 0.01 pence each GYM ISIN: GB00BZBX0P70 SEDOL: BZBX0P7					
b)	Nature of the transaction	Acquisition of shares					
c)	Price(s) and volume(s)	<table><tr><td>Price(s)</td><td>Volume(s)</td></tr><tr><td>£1.61183</td><td>12,500</td></tr></table>		Price(s)	Volume(s)	£1.61183	12,500
Price(s)	Volume(s)						
£1.61183	12,500						
d)	Aggregated information - Aggregated volume - Price	12,500 £20,147.88					
e)	Date of the transaction	7 November 2024					
f)	Place of the transaction	London Stock Exchange					

For further information, please contact:

The Gym Group:
Will Orr, CEO
Luke Tait, CFO
Camille Skeritt, Company Secretary

via Instinctif Partners

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