



NEWS

# VALUE HEALTH CLUB OPERATOR OPENS ITS FIRST CLUB

**Africrest Properties, an innovative leader in the redevelopment of C-Grade commercial properties to A-Grade space, has announced that the first Go Health Club has opened its doors in the Northview Shopping Centre in North Riding.**

GO Health is planning to open 40 clubs country wide, over the next 5 years. Rory Sweetlove, MD of GO Health, believes there is a huge gap in the market for a 'value for money' health club operator. Although the club has an affordable membership cost, the specifications and equipment used are of a very high standard.

GO Health is 49% owned by Grindrod Financial Services and have put in place a management team with more than 60 years combined experience in the health club industry. Their clubs range from between 1,750m<sup>2</sup> to 2,200m<sup>2</sup> and consist of aerobic, spinning, functional and weight areas, with spacious change room and shower facilities.

With a new cash injection into the Northview Shopping Centre over the last 15 months, certain areas of the centre have been refurbished, the tenant mix has been reconfigured and a lot of money has been spent on upgrading the security presence. This has dramatically improved customer foot traffic and tenants trading turnovers.

The directors of Africrest, Nicholas Katsapas and Justin Blend are confident that Go Health will significantly further improve the centre in all aspects. It is expected that at maturity Go Health will bring an additional 1,000 people through the centre per day and it is anticipated that this additional foot traffic will assist in filling the last few empty spaces in the centre.

Cashbuild has also opened a new 'Casbuild Express' in the centre which is expected to better serve customers who live and work in the area.