



Global fitness franchise
soon to be up and
running in Nottingham

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GLOBAL FITNESS FRANCHISE SOON TO BE UP AND RUNNING IN NOTTINGHAM

AN international fitness company has set its sights on Nottingham, as a new venue is set to open following a commercial property deal advised on by local law firm [Nelsons](#).

F45 Training, which launched in 2013 and has since grown to have more than 3,000 studios in 65 countries, is a global fitness community specialising in innovative, high-intensity group workouts delivered by highly qualified personal trainers.

Set to take the helm of the company's newest studio, on The Waterside Pavilion Road next to Trent Bridge in Nottingham, are Jorja and Harry Calver.

Jorja, director of F45 Training, said: "When Harry and I made the decision to join the F45 Training franchise, we immediately knew we wanted to set up in Nottingham. Not only is it a city we know well, it's also a fun and vibrant place with a community that we know will love F45's offering as much as we do.

"We will not only be providing an exciting new studio for people to enjoy, but there will also be some great recruitment opportunities for fitness professionals to join our team and deliver world-class workouts to the people of Nottingham."

Nelsons, which has offices in Nottingham, Derby and Leicester, acted on behalf of F45 Training, to finalise the lease agreement with its new landlord, Harmony Bridge Properties Ltd.



[Liam Wilkinson](#), senior associate and solicitor at Nelsons who worked on the deal, said: “F45 will be a great addition to Nottingham as it’s bringing an exciting international gym concept that the city doesn’t currently have. It’s been a pleasure working with Jorja and Harry to make their ambitions a reality and we wish them all the best as they embark on this exciting new chapter.”

Jorja added: “Working with Nelsons made this process very easy for us and we cannot thank them enough for their support from start to finish. We can’t wait to open our doors and welcome the community of Nottingham to experience working out with F45 Training this summer.”



Liam Wilkinson, Senior Associate & Solicitor

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For more information on Nelsons’ commercial property department, please visit www.nelsonslaw.co.uk/commercial-property or call 0800 024 1976.