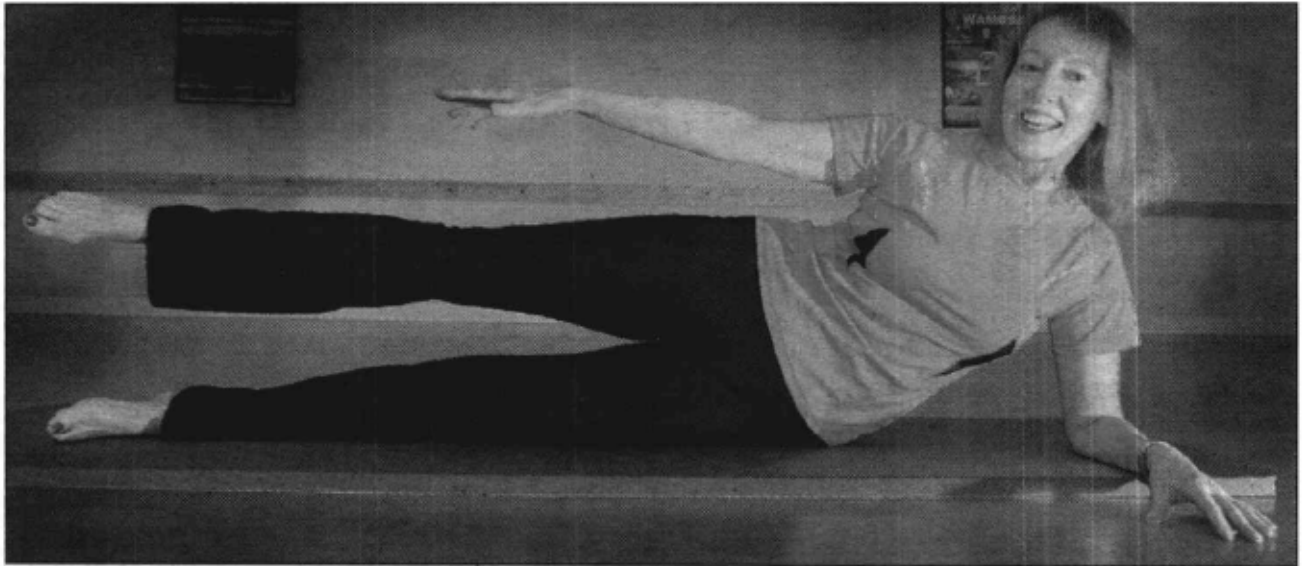




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Business park has a first with on-the-job training

FOUNDATION Park is the first business park in the country to introduce an outdoor fitcamp appropriately named Gym in the Park.

The owners of the Cox Green site have taken up an offer for specialist fitness services from celebrity trainer Andrew Mitchison and are encouraging office workers on the site to take a break from their desks and charge up the physical batteries on the grounds overlooking the Chilterns.

Windsor-based Gym in the Park has 16 people signed up for classes already starting on May 10 following a website and intranet awareness campaign at Foundation Park.

Andrew anticipates keen interest on the country business park, which has undergone a makeover transformation and building programme since being taken over by Frogmore Real Estate Partners.

There are now eight office buildings on the site which are home to an increasing number of high profile companies and he hopes word will spread among the staff.

Andrew, who has trained a pop star and Government officials, expects to be the

main trainer at Foundation Park although he and his colleagues are known in the industry for their use of the great outdoors, general fitness methods and toning equipment.

Pilates classes run by osteoporosis specialist Patricia Hawes are another fitness treat in store at Foundation Park next month.

The former owner of two Rosemary Conley franchises has created Pilates fitness routines to improve body alignment and is a regular at many fitness centres and offices in the City, where she also provides specialist osteoporosis advice and testing.

She will come straight from her public sessions at WAMDSAD on Wednesdays to give lunchtime classes in Pilates fitness and offer healthy eating advice.

"I have been fitness training all my working life," says Patricia, "and get a kick from seeing people's body shape and fitness levels change through Pilates.

"It is a gentle, low impact exercise which is especially good for people with back issues from sitting in front of computers."