

PT PODS

A LOW-RISK FITNESS AMENITY FOR
COMMERCIAL REAL ESTATE



THE ASSET MANAGEMENT PROBLEM

- Rising occupier expectations for on-site amenities
- Increased focus on wellbeing and ESG credentials
- Retention and leasing velocity now critical to asset performance
- Under-utilised external space delivering no return

LOWER RETENTION
IDLE SPACE
LOWER ASSET PERFORMANCE
DIFFICULT TO STAND OUT

THE SOLUTION



The plug-&-play, tech-managed private gym amenity with guided training classes, programmes and live personal trainers.
Install in two hours, booked and accessed through the app.

A fully managed service with no operational uplift.

This is not just a gym, this is an all in one community fitness hub.

SIMPLE MONTHLY SUBSCRIPTION
INSTALLED EXTERNALLY IN 2 HOURS

ZERO CAPEX

REVENUE GENERATING

FULLY INSURED

TYPICALLY SERVICE CHARGE RECOVERABLE

STANDARD COMMERCIAL TERMS

✓ Why It Works

- **High-impact amenity** — Tech managed gym with guided workouts, app-based booking, and access
- **Fast install** — Delivered and live in hours. No builders, no downtime
- **Zero CapEx** — A simple service Service charge-recoverable monthly plan
- **Fully managed** — We handle all access, tech, support & maintenance. You just keep it clean
- **Low risk** — Fully insured by PT Pods including public liability and material damage
- **Boosts NOI** — Enhances ESG credentials, improves retention & helps close leases faster
- **Revenue Generating** — Options to charge certain users to offset the monthly licence fee

✓ The Plan

- Day 1 - £5k delivery & installation (one-off)
- Monthly - £2,500 per Pod (CPI Adjusted Annually)
- Typically Service charge recoverable - just £0.30 psf/year on 100,000 sqft
- 36 Month Rolling term (6 month breakout post term)

✓ What's Included

- 🛠 Fully managed Pod — we run the tech, bookings & support
- 🎉 Branded launch event — with merch to engage your tenants
- 🧘 Quarterly activations — wellness days, massage events & more
- 📊 Usage reporting — weekly and quarterly engagement stats



FEATURED CASE STUDY



PRAXIS GROUP

Commercial Real Estate · Initial engagement: 1 PT Pod (trial) · Current rollout: 5 Pods across 5 sites

5 PODS ACROSS 5 SITES



COBALT



HOOK



THE HIVE



FUSION



CONCORD

WHY IT WORKED

NO UPFRONT CAPEX

FAST DEPLOYMENT

FULLY MANAGED

PROVEN TENANT DEMAND

MEASURABLE LEASING IMPACT



"PT Pods deliver 'best in class' fitness experience, transforming underused spaces into valuable amenities. Tenants love them and we've grown from 1 to 5 units with more on the way in 2026."

— Richard Harrison, Senior Asset Manager, Praxis

THE CHALLENGE

Praxis wanted a low-risk way to differentiate a site in a competitive leasing market, where many buildings were similarly priced and offered similar amenities.

THE TRIAL

Praxis installed one PT Pod as a pilot and offered it free to tenants to drive adoption. PT Pods managed installation, access, and ongoing operations.

THE IMPACT

Rapid uptake within weeks. New tenants cited PT Pods in leasing decisions — a leasing differentiator, not just a perk.

THE OUTCOME

5 Pods rolled out across 5 sites; more requested for 2026. Weekly usage & quarterly ESG reports.

THE FIFE ARMS, BRAEMAR

Luxury Hotel · 46 bedrooms · Braemar, Aberdeenshire



"Martin and I just used the pod for the first time... great addition to the village. Well done Fife Arms."

— Nicky, Braemar resident

WHY IT WORKED

NO INTERIOR SPACE REQUIRED	ZERO OPERATIONAL BURDEN
GUEST, STAFF & COMMUNITY ACCESS	PREMIUM BRAND ALIGNMENT

THE CHALLENGE

The Fife Arms is a luxury 46-bedroom hotel in the heart of Braemar. Guests expected premium fitness amenities, but the property had no space to build a traditional gym. At the same time, remote Highland staff retention is competitive, and management recognised wellness benefits could drive morale and loyalty.

THE SOLUTION

A managed fitness Pod on the hotel grounds — zero operational overhead for the hotel.

- Guests enjoy complimentary access as part of their stay
- Staff receive significantly discounted memberships
- The Braemar community gains access at an accessible price
- PT Pods handles insurance, maintenance, bookings & comms

THE IMPACT

100+

Staff bookings in first weeks

50+

Guest bookings in first weeks

THE OUTCOME

Levels the playing field with city hotels while keeping authenticity. Guests get world-class fitness in a Scottish setting; staff get a premium benefit; the hotel deepens its investment in Braemar's wellbeing.

HOW IT WORKS

1. Desktop Survey
2. Confirm Pod location
3. Site survey
4. Agree delivery date
5. Install, launch, and onboard community

**To discuss your sites and secure Pods in 2026
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