



Lucky gym Fitness centre owners find their ideal location

A GYM offering a different style of attaining fitness has opened at Pannal Business Park near Harrogate. CrossFit HG3 has taken a 1,700 sq ft unit to offer its service which has proved popular with military special operations

units, champion martial artists, emergency services and professional athletes worldwide. Launched by Andy Ruddick and Peter Davis, the gym focuses on strength and conditioning without using conventional machines and workouts.

It is the first CrossFit gym to open in North Yorkshire and is one of only 35 affiliates in the country. Andy Ruddick, advanced fitness instructor and CrossFit certified coach, said: "Pannal Business Park is the ideal location to open a CrossFit gym for a

number of reasons. It is in a great position and the semi-industrial setting is a favourite setting for CrossFit Gyms." Our picture shows, from the left, Andy Ruddick, Nick Prescott of letting agent Gent Visick and Peter Davis inside CrossFit HG3.