

The project – HIT the Gym, Trondheim

HIT the Gym in the city of Trondheim in Norway is a trendsetting health and fitness club with a target demographic of urban professionals of all ages looking to work out in a cool, design-oriented environment.

The club is a fashionable mix of fitness club and nightclub, with designer neon lighting, cityscape imagery and graffiti on the walls, and urban surfaces such as polished concrete mixed with softer, more luxurious materials.

The members are busy professionals who enjoy exercising and socialising in the same place. They are internet-savvy and expect the very best technology in their health club environment – some-

thing that enables a time-efficient and entertaining workout, as well as being compatible with their smartphones and social media activity.

GANTNER Technologies has joined forces with Precor to deliver an all-in-one networked fitness system solution that combines GANTNER's access and locker technologies with Precor's Preva® networked fitness solution.

HIT the Gym members need only to wear a convenient NFC wristband to access their club, open and close their changing room locker before proceeding to the gym floor and swiping their band at a console to access their personal exercise data.





The GANTNER-PRECOR collaboration

INTERVIEW with Derek Burke, EMEA Regional Commercial Director of PRECOR

Why has Precor chosen to work with GANTNER?

At Precor our design philosophy is 'fitness is foremost' - quality and customer satisfaction have the highest priority. We view technology through the lens of what it can do to help our customers and their exercisers achieve their goals. Our partnership with GANTNER reflects this.

GANTNER develops technology-based solutions to improve safety, convenience and efficiency for fitness operators and their members. This harmonises perfectly with Preva® networked fitness, which has been designed to engage exercisers and help operators run a more efficient facility.

GANTNER has been extremely reliable and a very professional partner during this entire project.

How can a fitness club benefit from a combined Preva®/ GANTNER Networked Fitness Solution?

Members can take advantage of all the club offerings with just a single chip. Everything from entry into their club and the use of lockers in the changing room to accessing their Preva® Personal Account on Precor fitness equipment will be controlled with a single wristband. It can't get more convenient.

The operator can also make tangible savings across the board, including staff time, reduced administrative tasks and physical cost reductions. Operators will also have access to reports and statistical evaluations, such as member training patterns and use, with just a click of the



Derek Burke

How did both technologies come together on this project?

Precor's 880 line cardiovascular equipment is fitted with the latest Preva® fitness portfolio, which provides technology-based solutions for the operator, gym staff and health club members.

GANTNER's RFID-based system is totally compatible with Preva®, enabling safe, easy and efficient access control, settlement organisation and changing room locker solutions for the club, while eliminating the need for multiple cards, keys or log-in details.



GANTNER's locker and access systems – special features

GANTNER's advanced electronic locker systems give operators complete control over their changing rooms while offering ease of use for club members. They eliminate the problems of jammed locks, members losing their keys or coins, or leaving their gym kit locked up for days.

HIT the Gym Trondheim opted for a centrally-controlled wired unit, enabling lockers to be opened via a wristband that uses contactless RFID technology.

The system, controlled centrally from a PC, is able to identify in real time which lockers are free and ensure that each member can only use one locker at a time if space is at a premium. It comes with alarm-monitored burglary protection (an alarm message will flash on the PC at reception); a time adjustable, automatic opening function for cleaning or overnight security purposes; and other central administration options such as occupancy analysis.

If a member forgets their locker number, they simply swipe the card or wristband at a nearby information terminal which will display the locker's location.

GANTNER's access control readers are installed on HIT the Gym's entrance turnstile as well as on the club's main door. The advantage of the turnstile is that every member can gain quick and easy access via an automated, secure check-in. There are no queues to get into the club, and only paying members have access.



Administration Point



NFC Wristbands



Electronic Online Lock



Check-In Point



Outside Door Access Control Reader

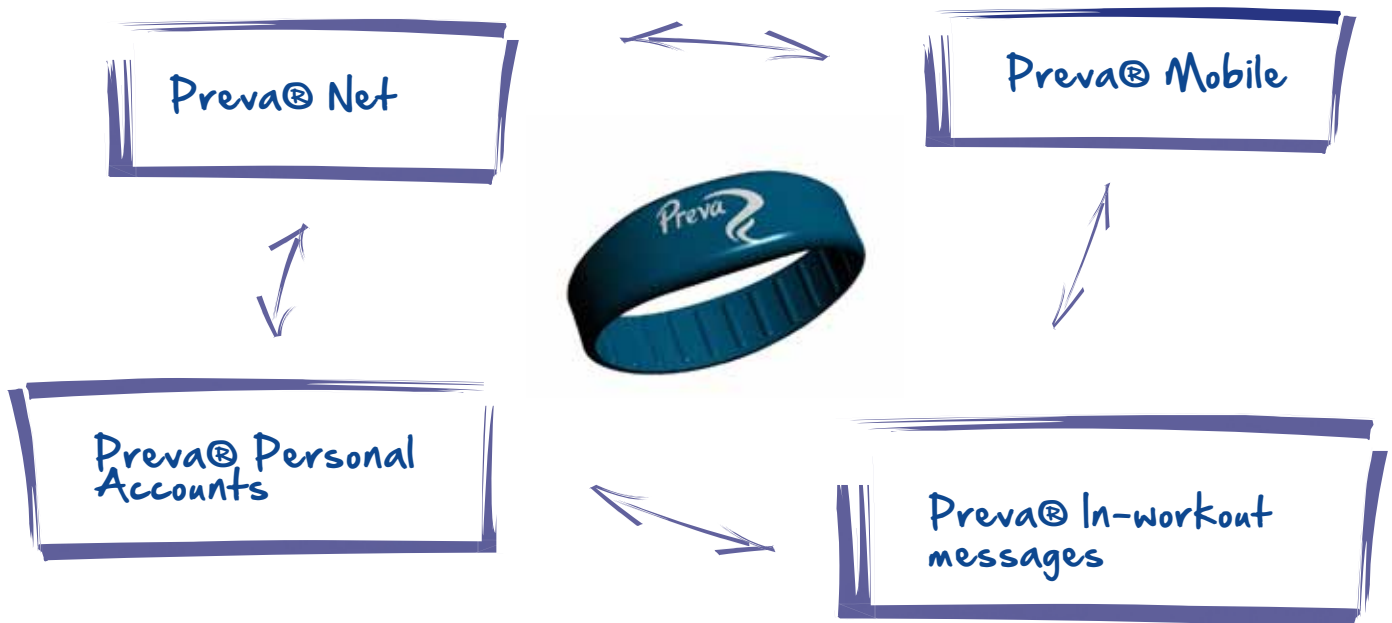




It rapidly became clear to us that our club will be equipped with a hard-wired locking system from GANTNER. The convenient administration at the PC, the alarm monitored burglary protection the reduction in operational costs of the locker rooms and the longevity of the locks are compelling arguments. And the icing on the cake was the compatibility of the GANTNER solution with our existing Preva® system. Our club members are thrilled, it's impossible to offer more convenience. The feedback is overwhelming and we would definitely opt again for the expandable GANTNER system."

Daniel Eriksen

The Preva® System - Special Features



Preva® networked fitness is a cloud-based solution designed to create exciting workouts and help engage and motivate exercisers, while enabling operators to manage their facilities more successfully.

Preva® Personal Accounts – allows members to set fitness goals, track progress and earn rewards. This works with GANTNER's RFID technology, so exercisers simply swipe or tap the equipment to sign in to their account on any networked P80 console.



Delivered to members via Precor's P80 touchscreen console on Precor 880 line CV equipment, functions include:

Preva® Net – offers web browsing and internet content on topics such as health and fitness, news and sport in a format designed for the in-motion exerciser, so it's easy to read and navigate.



Preva® Mobile – an iPhone application giving members a way to log and track all fitness activities, even when they are away from their club.

Preva® In-workout messages – enables operators to communicate with members via short messages on the P80 console and drive responses by directing exercisers to a web page.

Project Data

Project: HIT the Gym
Olav Tryggvason gate 35
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Website: www.hitthegym.no

Wardrobe Lockers: 100

Management Software: BRP Systems / Sweden

GANTNER Products: Access Control
Check-In/Out
Electronic online locks with Software
Info Terminals

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Photos: Copyright by HIT the Gym

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