

# PT FOODS

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



## PT PODS

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 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



# 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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