



innerya
together in motion

HELPING PEOPLE
MOVE BETTER,
FOR LONGER

Product Range



Redefining access to exercise.....	3
Supporting the Five Elements of healthy ageing	9
Power assisted equipment	10
Long-Term Health Conditions	12
Led by Science	13
The Innerva Range	16
The future of healthy ageing	22
Additional support & accessibility aids	24
Upholstery colour	28
Active Wellbeing & brand licence	29
Service, support and warranty	30
Planning & design	32
Delivery & installation	34
Distributor list	35

REDEFINING ACCESS TO EXERCISE

Empowering people to move, live and age well.

Around the world, millions of people want to stay active, independent and healthy, yet traditional fitness environments often fail to meet the needs of older adults and those living with long-term health conditions.

For more than 35 years, Innerva has been transforming access to exercise through innovative power-assisted equipment designed specifically to remove barriers and enable more people to experience the life-changing benefits of physical activity.

Our technology supports people who may struggle in traditional gym settings — providing a safe, comfortable and supportive way to build strength, improve mobility and enhance overall wellbeing.

Today, Innerva circuits are helping organisations across the world deliver inclusive exercise solutions in:

- Health and wellbeing facilities
- Hospitals and rehabilitation centres
- Retirement living communities
- Care environments

By making exercise accessible to more people, Innerva is helping individuals live healthier, more independent lives for longer.

Our Mission:
**Enabling healthier,
more active lives**

To provide innovative solutions for organisations that care for people's health and wellbeing — empowering them to support individuals to remain active, independent and healthy as they age or manage long-term health conditions.

Our Vision:
**Improving lives
around the world**

To positively impact the health and wellbeing of millions of people worldwide through accessible exercise solutions.

A Global Challenge

The world's population is ageing faster than ever before.

Health and social care systems are under increasing pressure, and many people are living longer while managing complex long-term health conditions.

Physical activity is one of the most powerful tools available to improve health, independence and quality of life — yet many people remain excluded from traditional fitness environments.

Innerva was created to change that.

A New Approach to Exercise

Innerva's power-assisted exercise circuits provide a unique approach to strength and mobility training that is accessible, effective and engaging.

Unlike traditional gym equipment, Innerva machines assist the movement, making exercise achievable for people with:

- Reduced strength
- Limited mobility
- Chronic health conditions
- Little or no previous exercise experience

This creates an environment where people can exercise confidently, comfortably and socially, often for the first time in many years.

Designed for Health, Independence and Community

Innerva circuits do more than deliver physical benefits.

They create welcoming social environments where people feel comfortable exercising together, building friendships and becoming part of a supportive community.

By combining accessibility, safety and social engagement, Innerva helps organisations deliver exercise solutions that truly support healthy ageing and long-term wellbeing.



"I had a stroke in 2018. The machines have activated my muscles, joints and helped my movement. I am now fit enough to walk for 10 or 15 miles, it's no problem anymore, mainly because these machines helped me out!"

Abdul
Customer at Saheli Hub



Leisure – Health & Wellbeing

Expand Your Reach. Strengthen Your Community.

Innerva enhances the traditional fitness offering by opening the doors of exercise to a much wider audience.

Facilities that introduce an Innerva circuit benefit from:

- New revenue streams
- Greater community engagement
- Increased social inclusion
- Improved member retention

Innerva circuits often become vibrant social hubs, creating welcoming environments where people feel comfortable exercising together.

The circuit can also make effective use of underutilised space, as it sits within its own dedicated area separate from the traditional gym floor.

Innerva Supports:

- Older adults
- Individuals with disabilities or reduced mobility
- People living with long-term health conditions
- Anyone who feels intimidated by a traditional gym environment

A social, supportive and enjoyable approach to exercise — designed for everyone.

Health – Rehabilitation & Therapy

Supporting Recovery Through Accessible Exercise

Innerva equipment is widely used in hospitals, rehabilitation centres, therapy clinics and community health programmes around the world.

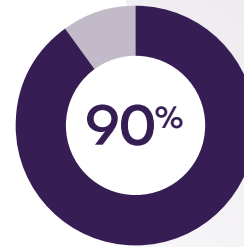
The power-assisted technology enables people recovering from illness, injury or surgery to rebuild strength, mobility and confidence in a safe and controlled way.

Supporting:

- Physiotherapy programmes
- Prehabilitation before surgery
- Preventative exercise and rehabilitation
- Long-term condition management

More than 90% of Innerva users report living with at least one long-term health condition, demonstrating the effectiveness of the equipment across diverse patient populations.

Designed to support safe, progressive rehabilitation for a wide range of diagnostic conditions.



of users report a positive impact on their mental health, feeling more relaxed and less stressed



of users say they can move better

Proven Impact

Across Innerva facilities worldwide, the results are clear:

35+ years

Leading innovation in
power-assisted exercise

90% of users

Live with one or more
long-term health conditions

77% of users

Complete a full-body workout
two or more times per week

96.5% of users

Report improved mental wellbeing

Retirement Living & care

Enabling Active, Independent Later Life

Innerva circuits provide retirement communities and care providers with a sustainable, engaging wellbeing solution that supports residents to remain active, independent and socially connected.

Many users also report stronger social connections and new friendships, making the Innerva circuit a focal point for community life.

Investing in Wellbeing

By introducing Innerva into your facility, you demonstrate a commitment to delivering the highest quality later-life experience for residents and their families.

The result is a community where people feel supported, active, and confident in maintaining their independence for longer.

Supporting the five elements of healthy ageing

Innerva circuits support the key elements of physical and social wellbeing:

- Aerobic fitness
- Muscular strength
- Balance
- Flexibility
- Social wellbeing

People who exercise regularly can maintain strength, mobility and independence — allowing them to enjoy life more fully.

Supporting healthier ageing well into people's 80's, 90's and beyond.



**"My visits help
relieve my stress,
help me to relax and even
enjoy myself. Continuing to
come is really helpful for my
body and my mental health.
If I don't come all my
muscles ache."**

Fozia
Customer at Saheli Hub

POWER ASSISTED **EQUIPMENT**

How it works

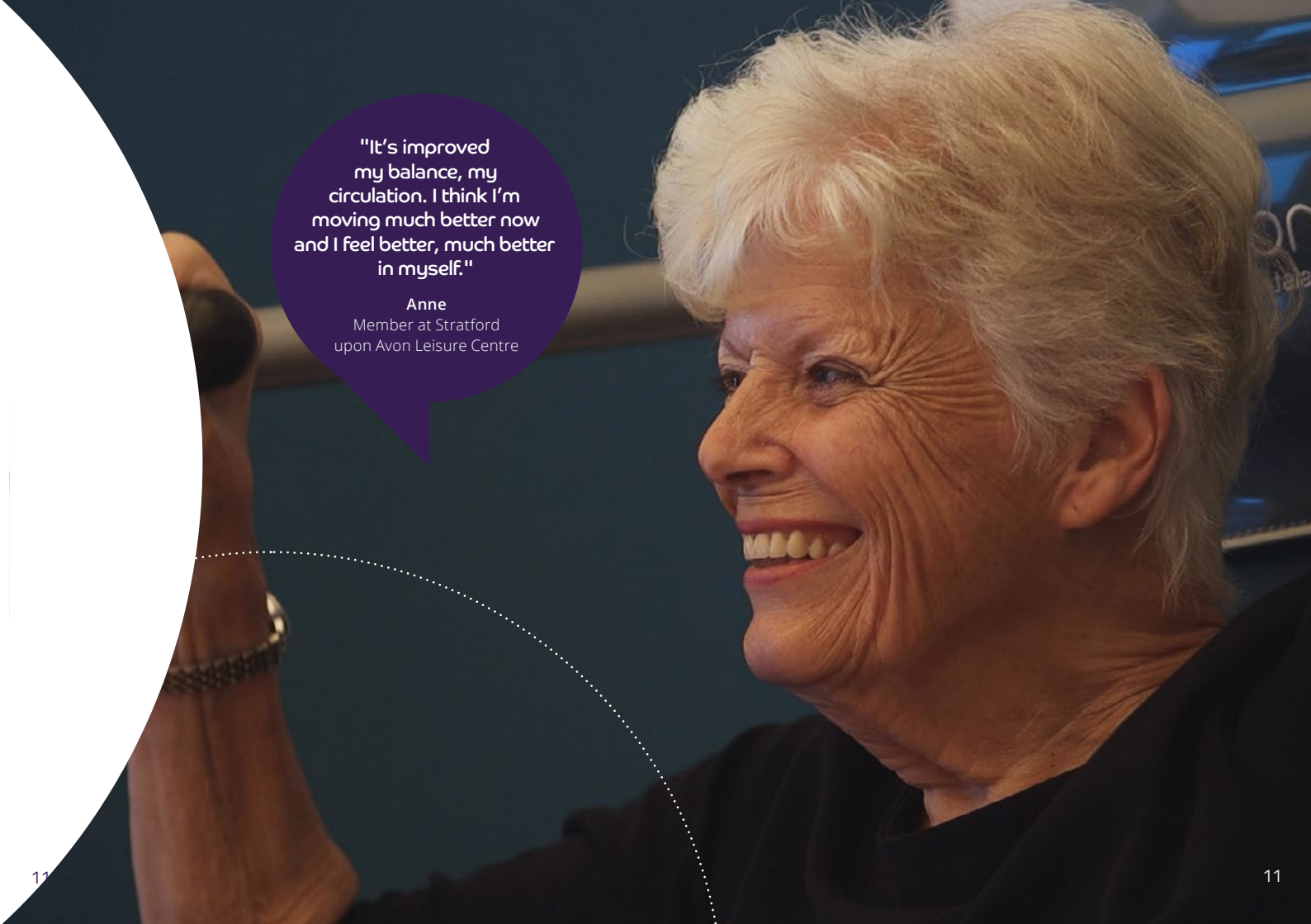
Innerva's power assisted exercise machines complement each other in a timed circuit to create a full body workout and provide a real feel-good factor in as little as 30 to 40 minutes.

[Watch the video here](#)

Unlike conventional exercise equipment, Innerva's unique range of equipment does not rely exclusively on muscle power. An electronically controlled power system enables users to work passively or actively, depending on their ability. As the user does not have to provide the motive force, they do not have to overcome inertia to use the equipment, so it's a perfect solution for older exercisers or those who suffer from long-term health conditions, whatever their ability. In fact, each piece of

equipment sustains movement even if the user stops or relaxes, thereby enabling a longer workout for people with limited exercise tolerance or fatigue.

Whilst the user does not have to provide the motive force, the instinct to work with the machine and join in with the assistive movement is stimulated. Innerva's unique and supportive design ensures good user technique and a safe exercise experience.



"It's improved
my balance, my
circulation. I think I'm
moving much better now
and I feel better, much better
in myself."

Anne
Member at Stratford
upon Avon Leisure Centre

LONG TERM HEALTH CONDITIONS



Neurological Conditions:

Stroke
Multiple Sclerosis
Parkinsons



Bones & Joints Conditions:

MSK conditions
Rheumatoid arthritis
Orthopedic conditions



Heart & Vascular Conditions:

Coronary heart disease
Angina
Congenital heart disease
Hypertension
Vascular dementia



Metabolic Conditions:

Diabetes
Obesity



Breathing & Airways

Lung cancer
Pneumonia
Chronic obstructive pulmonary disease



Mental Health

Anxiety
Depression
Post-traumatic stress



92%

helps with pain
and fatigue



95%

helps manage
pain and mobility



91%

helps treat
symptoms



89%

aid energy levels
and sleep



93%

helps manage
breathlessness



92%

helps manage
depression

LED BY **SCIENCE**

The
five elements
of healthy ageing

The components of fitness and physical performance which are central to sustained wellbeing amongst older adults are aerobic fitness, muscular strength, balance, flexibility and social wellbeing.

With age, we lose muscle tissue and our muscles become more rigid and less toned, and alongside this, older adults also see a deterioration in balance. Aerobic exercise, strength training and stretching help to maintain and improve strength, cardiovascular health and flexibility and help to counter this natural process, thereby improving quality of life for older adults.

Innerva's range of equipment has been evaluated in numerous studies over the years, most recently in late 2021, at the AWRC (Advanced Wellbeing Research Centre) based at Sheffield Hallam University, where biomechanical, muscular and physiological responses to power assisted exercise amongst healthy older adults were measured. Results conclusively showed the immediate beneficial physical responses to exercising on Innerva equipment and hence the positive impact on the five elements of healthy ageing, assisting in maintaining and improving the quality of everyday living.

The most recent study results showed that users of Innerva equipment achieved an average metabolic equivalent of 3-4 METS throughout the initial warm up, main workout and cooldown. In fact, participants achieved up to 8 to 9 METS at some points, with some achieving maximal heart rates (for their age) of up to 130/140 bpm. The interval nature of the Innerva workout allows users to work from low to moderate to high intensity exercise, with harder efforts being equivalent to jogging at a moderate pace or taking part in a vigorous game of tennis! This data is strong evidence that exercising with Innerva equipment will improve aerobic fitness.

EMG data from the laboratory testing also demonstrated that users were continuously switching on and off their muscles. With a focus on the four major muscle groups – the quadriceps, hamstrings, biceps and triceps – data showed continued activation across the equipment circuit, with muscular effort reaching 70% of maximum capacity. It is essential that older adults maintain function and strength of these major muscle groups to facilitate everyday chores, improve wellbeing and minimise frailty.

The recent study by the AWRC also collected motion analysis data which confirmed that the joints of the arms, trunk and legs were continuously assisted through between 50 to 85 percent of range of motion, which will enable users to improve their ability to reach, turn and bend. The combination of seated and recumbent machines enables users to move between different positions which will optimise agility and flexibility, preventing pain and stiffness amongst older adults.

Naturally, improvements in strength and flexibility will also positively impact on balance. A previous study with Oklahoma State University has proven the effectiveness of the Innerva circuit on balance and flexibility, as well as the more recent feasibility study undertaken at Sheffield Hallam University, in 2018, which concluded that performance of balance tasks improves following a programme of power assisted exercise. The data collected at the AWRC recorded various speeds of movement; slow movement will improve postural control whilst the experience of moving quickly will improve reaction times for balance.

Overall, the equipment helps to maintain range and choice of movement due to the multi-directional, whole body combination of movement that the Innerva circuit provides. Users can adjust their own effort according to their exercise goals to achieve multiple benefits including improved aerobic fitness, strength, balance and flexibility.



Oklahoma State University carried out a 12-week research study, utilising Innerva equipment, on muscular strength and functional capacity with people aged 70+. Findings from the study found the following:

- Improvements in muscle strength between 24% and 50%
- Mobility and agility increased 22%
- Balance increased 33%

"I picked up a parcel at work and wrecked my back. Waiting on the list for physio and Covid struck. I was stuck in beds for months, eventually I lost all use of my lower limbs, lost my bodily functions and I couldn't walk. I came here, I've been here two months, and look at me...I can walk, I can stand, I can exercise. They are absolutely brilliant people here, who care for you. So many different people, you're accepted as everybody's got something. I can push the Hoover, I can now walk down the stairs. I've now got my life."

Michelle,
Grimsby Leisure Centre, Lincs Inspire



THE INNERVA RANGE

Circuit model

The Innerva range boasts 10 pieces of seated equipment and 2 recumbent machines. The traditional layout of a Innerva suite incorporates all 12 pieces of equipment and provides users with a full body workout in 30 to 40 minutes. However, we work with numerous operators who purchase differing combinations of equipment depending on their business model, space and budget.

Seated Range

The equipment has been designed for optimal space effectiveness and ease of access for end users. It is designed to provide a circuit that will exercise and stretch all the major muscle groups in the body and will help to retrain muscle patterns, whilst at the same time stimulating the muscles and improving circulation. The range boasts 10 pieces of equipment which can work independently, as a circuit or be combined with the recumbent machines.

Chest & Legs

Dimensions:

Width: 109cm

Length: 130cm

Height: 127cm

Weight:

103kg

Cross Cycle

Dimensions:

Width: 94cm

Depth: 142cm

Height: 126cm

Weight:

118.2kg



*Left: Chest & Legs
Right: Cross Cycle*

Triceps Dip & Leg Curl

Dimensions:

Width: 109cm

Depth: 127cm

Height: 126cm

Weight:

101.2kg

Core Crunch

Dimensions:

Width: 75cm

Length: 175cm

Height: 123cm

Weight:

110.2kg



Left: Triceps Dip & Leg Curl

Right: Core Crunch



*Left: Side Bend Stepper
Middle: Rotary Torso
Right: Seated Climber*

Side Bend Stepper

Dimensions:

Width: 140cm

Length: 131cm

Height: 172cm

Weight:

117.8kg

Rotary Torso

Dimensions:

Width: 120cm

Length: 126cm

Height: 137cm

Weight:

85.2kg

Seated Climber

Dimensions:

Width: 124cm

Length: 130cm

Height: 155cm

Weight:

119.8kg

Abductor & Adductor

Dimensions:

Width: 110cm
Length: 104cm
Height: 132cm

Weight:

103.4kg

Pec & Deltoid

Dimensions:

Width: 112cm
Length: 118cm
Height: 133cm

Weight:

100.6kg

Ab Pullover

Dimensions:

Width: 104cm
Depth: 179cm
Height: 119cm

Weight:

111.2kg



Left: Abductor & Adductor

Middle: Pec & Deltoid

Right: Ab Pullover

Recumbent Range

Recumbent machines incorporate Pilates techniques in two dual function machines, which exercise and stretch major muscle groups in the body, whilst the soothing motion promotes relaxation. The two machines complement the seated range as part of an overall circuit through the additional movements provided.

Side Flexor

Dimensions:

Width: 132cm

Length: 218cm

Height: 100cm

Weight:

122kg

Hip & Glute

Dimensions:

Width: 90cm

Depth: 188cm

Height: 101cm

Weight:

113.4kg



*Left: Side Flexor
Right: Hip & Glute*

THE FUTURE OF HEALTHY AGEING

innerva
connect

The world's population is ageing. At Innerva our focus is on providing the best exercise and rehabilitation for older adults and those who face barriers, particularly health-related ones, when it comes to engaging with physical activity.

Innerva Connect ensure your customers have access to their data 24/7, can manage their bookings and visits and access useful knowledge and information – including equipment videos and centre details - on active and healthy ageing.

For users

Motivational progress and effort tracking

Designed with simplicity in mind, Innerva Connect provides a personalised user experience, with a detailed visit/exercise history – providing motivational progress and effort tracking over time. Users are provided with an easy on-boarding process and quick and easy sign-in every time they visit your facility. Users can also access facility details via the application and a library of information on the Innerva machines and active ageing.

For organisations

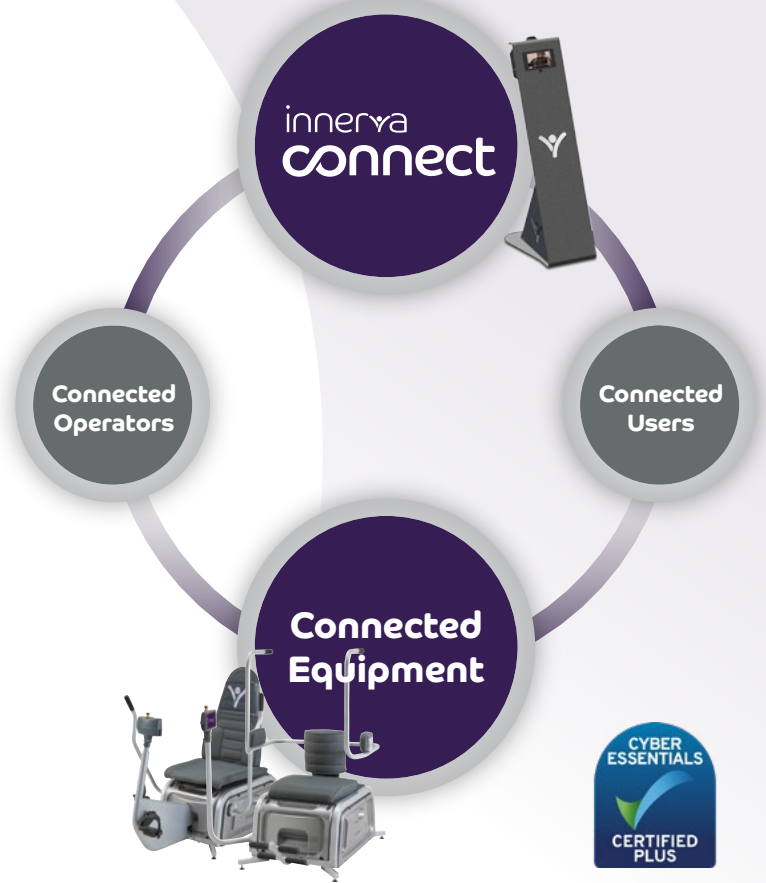
All the data in a secure cloud

Innerva Connect is a secure cloud-based system allowing you to capture customer data including PAR-Q and health condition information, exercise details and effort tracking for end-users who access your active wellbeing suite – supporting you to engage with health and social care – whilst ensuring you keep your older adult communities and those with long term health conditions active and independent.



Information & Knowledge on Active Ageing

Innerva Connect hosts a growing library on active ageing including Innerva instructional videos, NHS advice on active ageing, research and a much more! With a drive to keep our older population active Innerva Connect will ensure end users have access to the latest advice on healthy ageing, all at their fingertips.



ADDITIONAL SUPPORT & ACCESSIBILITY AIDS

Innerva equipment can be adapted to cater for specialist rehabilitation and exercise needs. Various accessibility aids are available that enable adaptations of the equipment.

Various aids are provided as part of your initial installation to help support and position users correctly on our equipment. Additional 'Supports' and 'Accessories' can be purchased should you require more than is provided at installation.

Extension Loop & Hand Positioner/Positioning Glove

The extension loop adjusts reach requirement for the 'Seated Climber' and is used alongside the positioning glove for any users who may have issues with hand movements on the machine.

Booster Cushion & Back Support

The cushion and back support are useful for individuals of differing heights to ensure correct posture.

Alignment Aid

The alignment aid is used on the 'Chest & Legs' to keep the legs aligned and in position for users who may struggle with pelvic and leg control. It can also be used on the 'Seated Climber' dependent on the user's needs and capabilities.

Head Support Pillow & Cover

The pillow is used to support the head and neck where required on the 'Side Flexor'.



MACHINE CONDITION MAP

Example Conditions	Exercise aim	Chest & Legs	Cross Cycle	Seated Climber	Side Bend Stepper	Triceps Dip & Leg Curl	Rotary Torso	Ab Pullover	Core Crunch	Hip & Glute	Side Flexor	Pec & Deltoid	Abductor & Adductor
NEUROLOGICAL CONDITIONS													
MS	Stretch	Light	Dark	Dark	Dark	Dark	Dark	Dark	Light	Dark	Dark	Dark	Dark
	Reduce Pain	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
	Reduce Fatigue	Light	Light	Light	Light	Light	Dark	Dark	Dark	Dark	Dark	Dark	Dark
	Improve Aerobic Fitness	Dark	Dark	Dark	Dark	Dark	Light	Light	Light	Light	Dark	Dark	Dark
	Strengthen Trunk &/or Limbs	Dark	Dark	Dark	Dark	Dark	Light	Dark	Dark	Light	Light	Dark	Dark
Stroke	Strengthen Trunk &/or Limbs	Dark	Dark	Dark	Dark	Dark	Light	Dark	Dark	Light	Light	Dark	Dark
	Improve Aerobic Fitness	Dark	Dark	Dark	Dark	Dark	Light	Dark	Dark	Light	Light	Dark	Dark
	Stretch Trunk &/or Limbs	Light	Dark	Dark	Dark	Dark	Dark	Dark	Light	Dark	Dark	Dark	Dark
Parkinson's	Improve Posture & Mobility	Light	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
	Increase Aerobic Fitness	Dark	Dark	Dark	Dark	Dark	Dark	Light	Light	Light	Dark	Dark	Dark
	Improve Balance	Dark	Dark	Dark	Dark	Light	Dark	Dark	Dark	Dark	Dark	Dark	Dark
FATIGUE MANAGEMENT													
Fibromyalgia, ME & Post Viral Fatigue	Reduce Pain	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
	Manage Fatigue	Light	Light	Light	Light	Light	Dark	Dark	Dark	Dark	Dark	Dark	Dark
	Improve Mobility	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark	Dark
METABOLIC CONDITIONS													
Obesity	Increase Metabolism	Dark	Dark	Dark	Dark	Dark	Light	Light	Light	Light	Light	Dark	Dark
	Increase Aerobic Fitness	Dark	Dark	Dark	Dark	Dark	Light	Light	Light	Light	Light	Dark	Dark
	Improve Muscular Strength	Dark	Dark	Dark	Dark	Dark	Light	Dark	Dark	Dark	Dark	Dark	Dark
Diabetes	Aerobic exercise to generate light breathlessness	Dark	Dark	Dark	Dark	Dark	Dark	Light	Light	Light	Light	Dark	Dark

Example Conditions	Exercise aim	Chest & Legs	Cross Cycle	Seated Climber	Side Bend Stepper	Triceps Dip & Leg Curl	Rotary Torso	Ab Pullover	Core Crunch	Hip & Glute	Side Flexor	Pec & Deltoid	Abductor & Adductor
CARDIORESPIRATORY CONDITIONS													
Heart Disease	Increase Aerobic Fitness	High	High	High	High	Medium	Low	Low	Low	Low	Low	Low	Low
	Respiratory Conditions	Increase Aerobic Capacity	High	High	High	High	Medium	Low	Low	Low	Low	Low	Low
		Improve Muscle Strength	Medium	Medium	Medium	Medium	High	Low	Medium	Medium	Low	Low	Low
MUSCULOSKELETAL CONDITIONS													
Osteoarthritis	Decrease Pain	Medium	Medium	Medium	Medium	Medium	High	Medium	High	High	High	Medium	Medium
	Increase Muscle Strength	Medium	Medium	Medium	Medium	High	Low	Medium	Medium	Low	Low	High	High
	Improve Mobility	Medium	Medium	Medium	High	Medium	High	Medium	Medium	Medium	Medium	Medium	Medium
Back Pain	Decrease Pain	Medium	Medium	Medium	Medium	Medium	High	Medium	High	High	High	Medium	Medium
	Improve Flexibility	Low	Medium	High	High	Low	High	Medium	Low	Medium	Medium	High	High
	Improve Muscular Strength	Medium	Medium	Medium	Medium	High	Low	Medium	Medium	Low	Low	High	High
	Improve Mobility	Medium	Medium	Medium	High	Low	High	High	Medium	Medium	Medium	Medium	High
OLDER ADULTS													
Falls & Frailty	Increase Balance	Medium	Medium	Medium	Medium	Low	High	Medium	Medium	Medium	Medium	Medium	High
	Increase Strength	Medium	Medium	Medium	Medium	Low	Low	Medium	Medium	Low	Low	High	High
	Improve Agility	Low	Medium	Medium	Medium	Low	High	High	Low	High	High	Medium	High

HIGH
 MEDIUM
 LOW

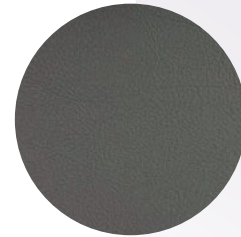
UPHOLSTERY COLOUR

Innerva's standard upholstery colour is the Innerva graphite colourway and all equipment will be manufactured and delivered in this colour unless otherwise requested.

However, we can offer a variety of upholstery colours should you wish to match your organisation's brand colour. To view colour options, please see the VALENCIA™ C5 | Spradling range.

We can match upholstery to specific requirements and brand machine headrests with your company logo upon request, at an additional cost.

If you do not request your brand logo on the headrest, our equipment will come with the Innerva 'V' on all headrests.



Graphite (Grey)

107-4003;
19-3906 TPX

ACTIVE WELLBEING & BRAND LICENCE

Active Wellbeing is Innerva's consumer facing brand, available to organisations who make the positive decision to install our unique power assisted solution.

Our ongoing research provided us with invaluable feedback around the requirement for a consistent identity for end users and organisations.

Active Wellbeing embodies Innerva's five elements of healthy ageing – aerobic fitness, muscular strength, balance, flexibility and social wellbeing, and provides businesses with a brand standard and strong identity for their Innerva presence, ensuring consistent branding and communications both internally and externally amongst partners and most importantly customers.

For years our solution has supported older adults and those with long term health conditions become and remain active. Our best practice guide provides everything you and your team will need to ensure a successful operation.

In addition, as part of the Active Wellbeing license agreement we provide branded assets to be employed in your facility, including signage, wall graphics and marketing campaigns. Our secure customer portal, My Innerva is home to plenty of additional support materials as well as a customer forum where you can follow and contribute to topics of interest, sharing best practice with colleagues across various sectors, all of whom work with older adults, rehabilitation and those with long term conditions.

SERVICE, SUPPORT AND WARRANTY

At Innerva your business continuity is a top priority for us. Our standard warranty provides comprehensive cover right from initial installation. After the first 12 months, we recommend an annual service programme which provides that extra 'peace of mind' and ensures your equipment is maintained to the highest standard. We offer a five-year service package which can be quoted for on initial purchase of Innerva equipment.

We recommend that Innerva equipment is serviced annually, on or near the installation anniversary date. This helps to maintain compliance with health and safety policy and for public liability insurance as service certificates are issued after completion of work carried out.

Service and repair work is carried out by our experienced in-house trained Innerva technicians




We aim to deal with all maintenance requests within 72 hours



Our off-the-shelf parts are all held in our UK warehouse



A man with short dark hair, wearing a purple t-shirt, is smiling broadly and looking upwards and to the right. He is holding a vertical metal bar with his right hand. A purple wristband is visible on his right wrist. A dark purple speech bubble is overlaid on the image, containing text.

"I had to retire from work because I've got MS. I come here five days a week. I know I'm benefitting from using the machines, it's doing me good. I feel more confident doing things."

Ian

Member at the Wellness Hub,
The Arc, Bolsover District
Council

PLANNING & DESIGN

Right from your initial enquiry; we develop a comprehensive, tailored business case for your area, combining local health, activity and demographic data to help shape an offer that reflects the specific needs of your community and demonstrates the full potential of an Innerva installation.


Our approach is collaborative and built around co-design. We work with you and, where appropriate, other key partners to create a space that supports older adults, rehabilitation and therapy-based exercise.

With Innerva at the core, we can integrate complementary activity formats, drawing on our extensive experience to create a well-rounded, inclusive and sustainable offer.

To bring the concept to life, we provide detailed visual planning tools, including 2D floor plans, 3D visualisations and walkthroughs of the proposed space. These support stakeholder engagement throughout the design process and can also be used to enhance marketing and launch activity.

Drawing on successful installations across the UK and beyond, we ensure your space is designed to maximise engagement, accessibility and operational efficiency - setting you up for success from day one.





"I feel so much better since I started using the circuit of machines. I have a problem with my back and I need a knee replacement but I can move much better now."

Customer at Stratford Leisure Centre



DELIVERY & INSTALLATION

From receipt of your order, we will programme in the manufacture of your Innerva machines, with a typical turnaround of 8-12 weeks (but timescales can be agreed to suit your requirements).

An initial pre-installation site survey will be undertaken, and we will book a 'Discovery' session with key members of your team to introduce them to Innerva and the unique opportunity the investment will bring to your centre. During this session we will also discuss and outline key dates and opportunities to suit your operating model and business objectives.

Installation of the new Innerva equipment is carried out by our Innerva engineers and generally takes a full day. Following a site visit by your account manager in advance, our installation team will deliver the machines and connect them to the mains circuit (as detailed in our Electrical Specification).

Innerva's post-installation training helps your team confidently use the equipment, set effective goals and engage older adults and people with long-term health conditions. Delivered by experienced Innerva trainers, it combines technical guidance with practical advice for running a successful Innerva suite day to day.

DISTRIBUTOR LIST

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together in motion

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