



WE WON! 🏆

Fresh Gym named Best Leisure Business in Spelthorne

Friday 2nd October 2026

We're incredibly proud to share some very special news... Fresh Gym has been named Best Leisure Business at the 2026 Spelthorne Business Awards. And winning it in our 15th Anniversary year makes it even more special.

The award recognises outstanding businesses across Spelthorne, and for us, it means so much because it reflects something we've always believed in: Fitness is about people.

At Fresh, we want everyone to feel comfortable, welcome and supported - whatever their age, ability or starting point. We take the time to get to know our members, understand what matters to them and help them find activities they genuinely enjoy. Whether that's getting started in the gym, joining a class, training outdoors, working on strength or simply finding a place where they feel they belong.

Our team works hard to make Fresh more than somewhere you come to exercise. It's a place where you can be yourself, where fitness can be fun - and where friendships happen along the way. That's what we mean when we say: Fresh is more than a gym.

A huge thank you

This award belongs to our incredible Fresh team, whose passion, care and commitment make the experience what it is every day. And most importantly, it belongs to our members. Thank you for choosing Fresh, supporting an independent local business and helping us create the community we're so proud of.

We're incredibly grateful to be celebrating 15 years of Fresh with you - and now, an award-winning one too!

Shepperton's independent fitness community since 2010

Winner - Best Leisure Award, Spelthorne Business Awards 2026

**We hope you'll join us in celebrating Fresh Gym on Saturday
21st November. Call 01932 225 953 to Book. Or scan for details.**

