

## New Homes Fit For a New Year

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With the start of January comes New Year's resolutions, and the most common resolutions revolve around exercising more...



Credit: Landmark Pinnacle (Chalegrove Properties Limited)

The most common New Year's resolutions revolve around exercising more, getting fitter and losing weight, and having a gym nearby can certainly boost the chances of succeeding in those goals.

The British Heart Foundation estimates that more than 20 million people in the UK are physically inactive. Home gyms are becoming more popular, but for those who have to go miles from home to visit a gym, exercising regularly might not fit in within their busy schedules. New build developments that offer gyms on-site could mean that getting fit in the New Year is far less time-consuming and consequently more achievable.

We've put together a selection of some impressive new homes that offer on-site gyms...

### Landmark Pinnacle (Chalegrove Properties Limited)

Private residential developer Chalegrove Properties Limited (CPL) has revealed a glimpse at its spectacular collection of amenities at Landmark Pinnacle. Situated in a prime position on South West India Dock, the 239m (784 ft) high tower will include London's highest residential gym, located on the 56th floor, as well as the loftiest roof terrace crowning the 75-storey building. Measuring over 25,000 sq. ft in total, the amenity space at Landmark Pinnacle has been designed to fit the modern lifestyle of residents. The facilities include a wealth of green space with a fully landscaped garden square on the 27th floor, roof gardens and a tilting park located by the entrance of the building. The tower also comprises a cinema, lounge bar, gym and fitness studio, golf simulator & putting green, arcade room, residents' lounge and two private dining areas with fully fitted kitchens. Landmark Pinnacle will complete construction with first residents scheduled to move in in Q3 of 2020. Prices start from £475,000.

