

LEI Number: 213800VCU9TBANZIN455

21 April 2020

The Gym Group plc ("the Company")

Notification of transactions by Directors/PDMRs

The Gym Group plc announces that the Directors of the Company have subscribed for, as part of the Company's placing and subscription announced on 17 April 2020, the following shares as set out below.

The notifications below, made in accordance with requirements of the EU Market Abuse Regulation, provide further details.

Notification and public disclosure of transactions by persons discharging managerial responsibilities ("PDMR") and persons closely associated with them

| | | |
|----------|--|--|
| 1 | Details of the person discharging managerial responsibilities / person closely associated | |
| a) | Name | <ol style="list-style-type: none">1. Penny Hughes2. Richard Darwin3. Mark George4. John Treharne5. Paul Gilbert6. David Kelly7. Emma Woods |
| 2 | Reason for the notification | |
| a) | Position/status | <ol style="list-style-type: none">1. Chairwoman2. Chief Executive Officer3. Chief Financial Officer4. Founder Director5. Senior Independent Non-Executive Director6. Non-Executive Director7. Non-Executive Director |
| b) | Initial notification /Amendment | Initial Notification |
| 3 | Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor | |
| a) | Name | The Gym Group plc |
| b) | LEI | 213800VCU9TBANZIN455 |
| 4 | Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted | |
| a) | Description of the financial instrument, type of instrument | Ordinary Shares of 0.01 pence each |

| | | | | | |
|----|---------------------------|-------------------------------------|----------------|-----------|--------|
| | Identification code | ISIN: GB00BZBX0P70 | | | |
| b) | Nature of the transaction | Subscription for purchase of shares | | | |
| c) | Price(s) and volume(s) | | Price(s) | Volume(s) | |
| | | 1 | Penny Hughes | £1.50 | 10,000 |
| | | 2 | Richard Darwin | £1.50 | 18,603 |
| | | 3 | Mark George | £1.50 | 13,642 |
| | | 4 | John Treharne | £1.50 | 16,666 |
| | | 5 | Paul Gilbert | £1.50 | 16,666 |
| | | 6 | David Kelly | £1.50 | 5,000 |
| | | 7 | Emma Woods | £1.50 | 5,000 |
| | | | | | |
| d) | Aggregated information | | | | |
| | - Aggregated volume | N/A | | | |
| | - Price | N/A | | | |
| e) | Date of the transaction | 21 April 2020 | | | |
| f) | Place of the transaction | London Stock Exchange XLON | | | |

For further information, please contact

The Gym Group
Richard Darwin, CEO
Mark George, CFO

via Instinctif Partners

The placing shares have not been, and will not be, registered under the US Securities Act, as amended (the "US Securities Act"), or under any securities laws of any state or other jurisdiction of the United States and may not be offered, sold, resold, transferred or delivered, directly or indirectly, in or into the United States except pursuant to an applicable exemption from the registration requirements of the US Securities Act and in compliance with the securities laws of any state or other jurisdiction of the United States. There is no intention to register any portion of the placing in the United States or to conduct any public offering of securities in the United States or elsewhere.