

8 July 2022

The Gym Group plc

("The Gym Group")

Notice of Half Year Results

The Gym Group, the nationwide operator of 213 low cost, high quality, 24/7 no contract gyms, announces that it will publish its interim results for the six months to 30 June 2022 on Thursday, 4 August 2022.

Following the announcement of results, The Gym Group will hold an investor presentation at Peel Hunt's offices, 7th Floor, 100 Liverpool St, London EC2M 2AT. There will also be a virtual option for those who cannot attend in person.

To register your interest and for further details, please contact Tulchan Communications on thegymgroup@tulchangroup.com.

For further information, please contact:

The Gym Group:

Richard Darwin, CEO
Ann-marie Murphy, Chief Operating Officer

via Tulchan Communications

Tulchan Communications:

James Macey White
Elizabeth Snow
Laura Marshall

+44 (0) 207 353 4200