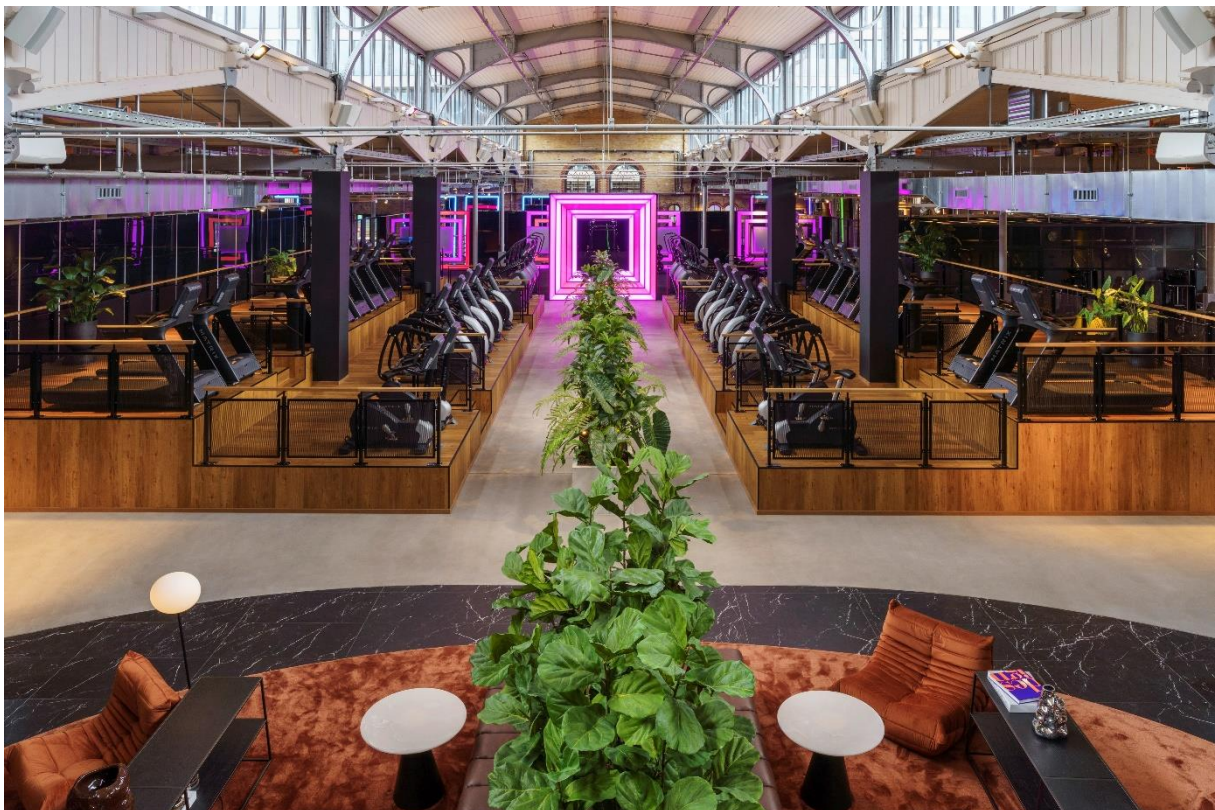




JOHN REED Friedrichshain: Urban training in an impressive industrial setting

RSG Group opens its 7th JOHN REED Fitness Music Club in Berlin



Berlin 22/04/2024 – JOHN REED is opening its latest fitness music club in Berlin-Friedrichshain. With its listed 19th century architecture, innovative interior design and an expansive lighting concept, it creates a spectacular nightclub feeling and turns every workout into a very special experience.

JOHN REED stands for intensive training, motivating music, street art and high-quality interior design. The brand's latest gym in Berlin has found its home in one of the few remaining historic halls on the former slaughterhouse site on Landsberger Allee. The up to 7-metre-high ceilings and original steel beams blend harmoniously into the minimalist design concept, which is based on clear colours and calm lines. The interplay of architecture, music and fitness takes training to a whole new level and offers an impressive range of workout options.

Train to the max

The extensive offer includes 2,700 m² of cardio training, a spacious free weights area and machine park (with equipment from gym80 and Matrix) as well as functional and group workout areas. The wide range of courses includes not only boxing classes but also, as a special highlight, Reformer Pilates courses, which

JOHN REED Fitness - Presseabteilung

Saarbrücker Str. 38

10405 Berlin

Mail: presse@johnreed.fitness

Tel.: +49 30 2100 35 452

take place in a separate, high-quality designed course room. Body check-ups, nutrition coaching, personal training and the creation of a training plan can also be booked.



Beats and burpees

JOHN REED is characterised by a unique concept that combines the three core themes of training, music and design. With live DJs, music workouts and the exclusive JOHN REED radio - which can also be listened to outside the clubs - training becomes the ultimate motivational boost. The music actively accompanies the exercisers and creates an inspiring atmosphere.

Time to relax

In addition to training, the club also offers space for relaxation. Two saunas, including a ladies' sauna, are available in the wellness area. A Coffee & Health Bar provides the necessary refreshment with hot and cold drinks and healthy snacks. The drink flat rate at two drinks dispensers is included.



State of the art

JOHN REED Friedrichshain has much more to offer than fitness alone. Every JOHN REED club exhibits original works of art by local and international artists. In Friedrichshain, works by Otto Baum, Various & Gould, Innerfields and the Dutch graffiti artist Marcus Debie, alias GOMAD, are represented.

Adresse und Öffnungszeiten

Landsberger Allee 104 A, 10249 Berlin

Mo – Fr: 06:00 – 23:00

Sa – So: 08:00 – 22:00

<https://johnreed.fitness/clubs/berlin-friedrichshain>

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About JOHN REED

There are already 48 JOHN REED Fitness Music Clubs internationally. These include a Women's Club in Berlin and locations worldwide in Budapest, Prague, Venice, Salzburg, Linz, Zurich, Istanbul, Los Angeles, Dallas, London, Paris, Lyon and Vienna.

For more information: www.johnreed.fitness.com

Über die RSG Group

With more than 4.5 million members in its studios, RSG Group is one of the world's leading fitness companies. Founded in 1997 by Rainer Schaller - and still family-owned - RSG Group has developed into an internationally active company. Including its franchisees, it employs 10,000 people at over 900 locations and is represented in more than 30 countries. Its extensive and forward-looking portfolio includes brands such as McFIT, the JOHN REED Family and Gold's Gym. The RSG Group has set itself the goal of constantly setting new standards and ensuring that it is an essential part of its customers' active everyday lives.

For more information: www.rsggroup.com