

## Instinct Gym and Wellbeing



A former pub located in the heart of Tarporley village, Cheshire, has been converted into a luxury health and wellbeing centre, featuring a state-of-the-art gym, treatment rooms and apartments for staff use. Instinct Gym and Wellbeing aims to help improve the health and mental wellbeing of the local community through new initiatives. When it came to selecting the best floor coverings, having worked with JA Flooring on previous projects, Enigma Holdings Group, the owners of the building, called upon the flooring contractor once more. As aesthetics and durability were key objectives of the project, JA Flooring advised the use of an array of solutions from Forbo Flooring Systems' portfolio including its Allura luxury vinyl tiles (LVT), which played a significant role in the renovation works. The natural wood and stone aesthetic, combined with the benefits of strong, comfortable vinyl tiles, meant that Allura was installed in the gym, treatment rooms, spin studios and circulation areas. In the treatment rooms where a more serene surrounding was required, Allura Wood in the Whitewash Elegant Oak colourway was used. In the entrance and reception area, a bespoke Coral Logo entrance flooring mat was produced to reinforce the Instinct Gym and Wellbeing branding – helping to create that all important first impression, whilst offering protection in extreme traffic conditions and maximum functional performance. Finally, Tessera Earthscape carpet tiles in Iceberg were installed in the apartments; and in the changing facilities and kitchens, the Surestep range in various neutral colourways helped to complement the overall sophisticated interior of the health and wellbeing centre.

Pasūtītājs	Enigma Holdings Group
Celtnieks	JA Flooring
Adrese	Tarporley, Cheshire

### Izmantotie grīdas segumi



Allura Wood  
whitewash  
elegant oak



Tessera  
Earthscape  
iceberg

