

# NOISE & OPERATIONS MANAGEMENT STATEMENT

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HUB Fitness  
Units 1–4 Glovers Court, Hitchin, SG51RP  
April 2026

## 1. Overview

This Noise & Operations Management Statement has been prepared to support the ongoing operation of HUB Fitness and to demonstrate the measures in place to ensure that the use does not adversely impact neighbouring residential amenity.

HUB Fitness operates as a professionally managed, coach-led training facility with strict operational controls and noise mitigation measures.

## 2. Operating Hours

Monday to Friday:

06:00 – 10:00

12:00 – 14:00

16:00 – 20:00 (Fridays: 19:20 finish)

Saturday:

07:00 – 11:00

Sunday:

Closed

There is no late evening or overnight operation. These hours are structured to minimise potential disturbance to neighbouring properties.

## 3. Nature of Use

The premises operate as a private small group personal training facility.

- All sessions are coach-led and supervised at all times
- No unsupervised or open gym access is permitted
- No external or outdoor training activities take place
- Sessions are structured, controlled, and professionally managed

This operational model ensures a consistent and controlled environment.

#### 4. Noise Management - Standard Operating Procedures (SOPs)

- All doors and windows at the rear of the units remain closed during sessions
- Music levels are controlled at all times and maintained at appropriate levels
- Staff avoid excessive shouting or raised voices
- No amplified sound systems are used externally
- No outdoor classes or activities are undertaken

#### 5. Physical Noise Mitigation Measures

- Acoustic-grade glazing installed to rear-facing windows (photo a)
- Audio equalisation (bass reduction) applied at all times (photo b)
- 3 Zoned sound system for controlled volume (photo c)
- Enhanced acoustic door systems installed (photo d)
- Rear fire exit doors added sound proof and sealed
- Ongoing improvements to roof insulation and acoustic containment (date tbc)

#### 6. Management & Monitoring

- Staff trained and briefed on noise procedures
- Ongoing communication with Environmental Health
- Neighbour feedback addressed promptly
- Operations reviewed regularly

#### 7. Conclusion

HUB Fitness operates in a controlled and professionally managed manner, with both operational procedures and physical measures in place to minimise noise impact.

It is considered that the facility can operate without causing material harm to neighbouring residential amenity.

**Photo a**



**Photo b**



**Photo c**



**Photo d**

