

NOISE & OPERATIONS MANAGEMENT STATEMENT

HUB Fitness
Units 1-4 Glovers Court, Hitchin, SG51RP
July 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. 'Normal' Class Hours

Monday to Friday:

06:00 – 10:00

12:00 – 14:00

16:00 – 20:00

Saturday:

07:00 – 11:00

Sunday:

Closed

*There are no late evening or overnight classes. Our timetable of Small-Group PT & Fitness Classes are structured to help minimise potential disturbance to neighbouring properties.

*There may be occasional special events, workshops or seminars held outside of these operating hours. For example; our HUB Games, which typically take place twice per year and may continue until approximately 12:00pm on a Saturday or, on occasion, a Sunday.

3. Normal Business Operating Hours

Monday to Friday:

05:30 – 21:00

Saturday:

07:00 – 12:00

*These normal business operating hours include coach opening and closing procedures, cleaning, coaches' own training, team meetings, and general operational requirements.

*There may also be occasions where access to the gym is required outside of these hours, for example for maintenance, repairs, repainting, or other essential operational works. Where possible, these activities will be scheduled at times when no classes are running, such as Sundays.

3. Nature of Use

The premises operate as a private small group personal training facility but we will also do large group classes.

- All sessions are coach-led and supervised at all times
- No unsupervised or open gym access is permitted
- The majority of all sessions take place indoors. However, due to the varied nature of our training, there may be occasions where certain activities are undertaken outside as part of a session. Examples may include running intervals, loaded carries, stretching, mobility work, or the use of portable cardio equipment.
- 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
- There will be encouragement from time to time from our staff however excessive shouting will be avoided.
- No amplified sound systems are used externally
- There may be occasions where microphones will be used at our special events however, there will never be microphones used during our classes.

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

