




ENERGY
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Energy Saving Case Study:

Body Works West: Health Spa and Gym
Notting Hill, London



Body Works West in Notting Hill, London is more than just a high-end health spa and gym – it is a testament to wellness, luxury and now sustainability. The latest chapter in the story of this esteemed fitness centre shines a light on their push towards a greener future. In a world where sustainability is no longer a choice but a necessity, Body Works West have embraced the challenge and ignited change.

The Strain on Sustainability

Luxury amenities often draw excessive energy consumption.

The running of heated pools, spa treatments and gym facilities comes at a cost, not just financially but environmentally. With a diverse range of equipment and systems, the team at Body Works West faced a thorny challenge — how to cut back without compromising on the superior service their clientele expect.

Illuminating the Path to Savings

By hiring Energy Saving Bear, a consultancy specialising in energy monitoring, Body Works West were able to pursue their energy savings journey. The first step was to gain visibility into the hidden energy consumption patterns across the vast Body Works West landscape. Submeters were the key, unlocking the data that would guide them towards the most significant savings opportunities. Now armed with knowledge, the gym are undertaking an ambitious project of redesigning how they use energy.

To improve efficiency, Energy Saving Bear is currently focusing on several key strategies:

- **Distribution Board Visibility:** Installing submeters on all distribution boards and AC units for real-time energy consumption insight.
- **Streamlining Equipment Control:** By centralising controls and ensuring ease of operation, the goal is to make the shut-down of energy-intensive equipment a matter of seconds.
- **Optimising the Environment:** Adjusting BMS settings to operate pumps, boilers and cooling systems at an optimised threshold, resulting in significant energy savings without compromising member comfort.
- **Empowering the Team:** Training and empowering the on-site team to champion the energy-saving initiatives, ensuring that every member is a superhero in the gym's sustainability saga.



Energising for Tomorrow

The transition to a more energy-conscious operation is not merely a technical one; it's a cultural shift. Energy Saving Bear understands the nuances of redefining energy usage in a facility where members expect nothing but the best. Body Works West are moving quickly towards a sustainable, efficient future.

The results are not just numerical – they are a testament to the foresight and dedication of the Body Works West team. The case study of this gym's energy-saving journey is one that epitomises the possibilities when data, technology and human effort synergise to champion the planet's health and our collective future. Energy Saving Bear continues to work closely with Body Works West and soon we anticipate sharing figures that boast of remarkable reductions in energy consumption.

Ready to uncover your opportunities for Energy Efficiency?

Connect with Energy Saving Bear to see how Submetering Technology can get your building fighting fit. The move towards sustainability might just be the exercise your operation's been missing.

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