



# PB

**PERFORM  
BETTER**

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“ **PERFORM BETTER WERE A HUGE HELP IN TRANSFORMING THIS BUILDING INTO A NEW STRENGTH AND CONDITIONING SUITE FOR WHOLE SCHOOL USE. WE FOUND ALL MEMBERS OF THE PERFORM BETTER COMMUNITY TO BE INCREDIBLY KNOWLEDGEABLE, HELPFUL AND ACCOMMODATING, TO ENSURE THIS FIT WAS FINISHED IN TIME FOR THE NEW TERM. WE NOW HAVE A FANTASTIC FACILITY THAT FOREST PUPILS THROUGHOUT THE SCHOOL WILL BENEFIT FROM.** ”

**Ben Adams - Director of Sport, Forest School.**



## **CASE STUDY FOREST SCHOOL**

Forest School is an independent school in Walthamstow in the London borough of Waltham Forest.

Following initial consultation, design meetings and pre installation visit on site with Ben Adams, Director of Sport, Perform Better were selected as the provider.

Forest School has a wide range of sporting facilities but were looking to add a dedicated performance space for sports scholars and use in PE teaching.

The team at Forest School had an opportunity to renovate an existing building within the grounds of the school that was being used as a storage facility, into a performance gym space. This would allow the department to continue to expand their rapidly evolving provision.

## **EQUIPMENT**

**Wall mounted Folding Racks**

**Wall mounted Disc Storage**

**Wall mounted Bar Storage**

**EnduraTile Impact Flooring**

**Range of SandBells**

**PB Strength Bands**

**Training Bars**

**Medicine Ball Set**

