



St Joseph's College is a co-educational independent school for day and boarding pupils between the ages of 3 and 18 in Ipswich, England. With usually 550-600 pupils on the roll, the College is situated near the centre of the town in a 60 acre campus.

Sport is a massive part of the St Joseph's College experience for all ages and the school has excellent facilities for fitness, rugby, netball, cricket, hockey, rounders, basketball, volleyball, handball, judo, tennis, athletics, cross-country, badminton, squash and table tennis.

The facility is designed to complement the school's highly-successful BTEC Sport and Exercise Science, Personal Training and Strength & Conditioning courses.

The 216 sq metre project involved renovation work and renewal of all equipment, creating an impressive studio housing a free weights area, heavy weights machines, cardio equipment, treadmills, Wattbikes, cross trainers, rowing machines and an interval training track.

Perform Better were delighted to be chosen to install new equipment in St Joseph's College new Strength & Conditioning space.



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THIS IMPRESSIVE FACILITY WILL FURTHER ENHANCE THE COLLEGE'S REPUTATION AS AN ELITE SPORTING PATHWAY, BUT WILL ALSO BE IN GENERAL USE, ENCOURAGING OUR YOUNGER BOYS AND GIRLS TO EMBRACE A HEALTHY LIFESTYLE.

Danielle Clarke - Principle, St. Joseph's College.

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PB

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