UWSConnect Fitness Penrith Sustainability Initiatives

While you are working at getting fit at UWS Connect Fitness they are working at being sustainable through a range of initiatives.

- except for the treadmills all of the gym equipment is self generating;
- floor to ceiling windows allow for natural light;
- sensor lighting is throughout with lighting in the main areas on dimmer globes and outdoor lighting is on timers;
- all showers have water saving shower heads;
- hot water is set to a maximum temperature;
- aerated taps reduce water flow;
- there is access to recycling throughout the facility;
- water bubblers reduce the use of bottled water.