



GETTING ACTIVE: students using the new fitness suite at Teesside High School

New gym facilities for school

A SCHOOL'S pupils are getting active thanks to a new fitness suite.

The gym at Teesside High School, in Eaglescliffe, is part of a £1m development currently ongoing to improve facilities for students.

It is situated in a two-storey building which also accommodates new male and female changing rooms and showers, and a teaching room for sports studies.

The fitness suite equipment includes treadmills, rowing machines, exercise bikes, cross trainers and specialist resistance equipment, which is seen as safer than using weights.

The sports building is the first stage in a series of developments taking place at the school.

The second part will see improvements to art and design and technology departments.