The Story of 105Fitness



November 2018

Owner Richard (Blue) given weights program by physio to treat osteoarthritis



January 2019

He struggled to stick to it without the right equipment. Business planning and research on starting a gym in Kojonup



12 February 2019

First loan granted



Throughout March 2019

Analysed and considered various properties around Kojonup, including building from new. Offers made and rejected



25 March 2019

Offer made and accepted to purchase 105 Albany Highway



25 March 2019

Loan applications, development application, and discussion with builders



March 2019

105Fitness was born, website built, CRM developed



April 2019

Bank loan granted for property purchase. Research continues into development requirements. Marketing commenced



14 May 2019

Takeover of 105 Albany highway.

Development and fit-out planning continues.



21 May 2019

Development approval granted



May 2019

Works commence demolishing old toilets/office, installing power, insulation etc.



May/June 2019

Software and door control installed. Gym equipment purchased.



30 June 2019

Building permit granted, and building of toilets/showers and bulkhead commence.



August 2019

Equipment installed and testers invited.



September 2019

Construction and finishing touches completed



7 October 2019

Doors open to the public

