

Case Study



Client: **Fitness First**

Project: **Bring Emergency Lighting Online**

Solution Implemented: **Plexus Smart Building Compliance Suite**

Background

Fitness First is a gym chain that operates around Australia, with over 45 locations. The first location to make the switch to our cloud connected emergency lighting system was in Balgowlah NSW. Fitness First's move to Plexus streamlined compliance with neighbouring Stockland Shopping Centre, which upgraded their emergency lighting to avoid disruptions during trading and reduce maintenance costs.



Challenge

- **Tracking Maintenance Costs and Compliance:** An absence of a unified asset list and contractor management processes posed significant challenges in tracking maintenance work and verifying service delivery. This led to concerns about financial spend visibility and made it difficult to manage budgets effectively.
- **Disruption to Members:** As a 24/7 facility, manual testing presents unavoidable disruptions to member workouts and the overall gym environment, regardless of when it was performed.

Solution

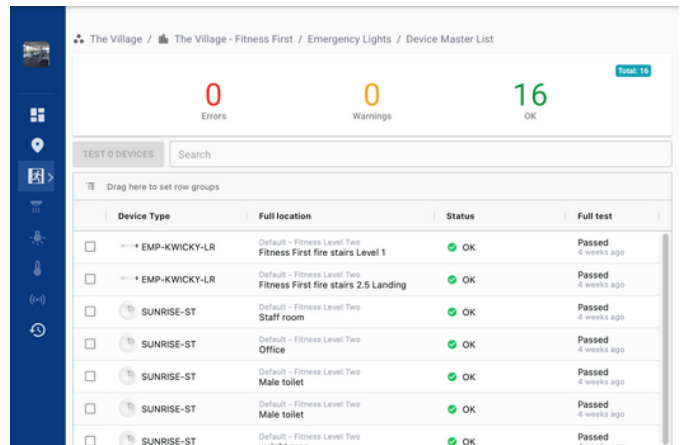
The Balgowlah gym implemented the PLEXUS Smart Building Compliance Suite to automate and centralise its emergency lighting management. This comprehensive solution included:

- **Elumen EEL hardware** for automated monitoring and reporting.
- **A cloud-based platform** for real-time data and compliance tracking.
- **Automated remote testing** scheduled for off-peak hours to minimise disruption.
- **A 5-year fixed-price contract and a 5-year product warranty** for budget certainty.
- **A centralised asset list** for simplified management.

Results

The transformation delivered significant and immediate benefits for the Balgowlah location:

- **Guaranteed compliance**, eliminating regulatory risks and ensuring the highest standard of safety for members and staff.
- **Predictable maintenance expenditure**, with hardware covered by a 5-year warranty and service managed through a fixed-price contract.
- **Improved asset management**, with all emergency lighting systems for the gym tracked in one unified platform.
- **Foundation for a Smart Facility**, The scalable Plexus IoT network supports the brand's push to create smarter gyms by enabling future integration of sensors to monitor other facility condition
- **Minimal disruption** to gym operations from emergency light testing.



Device Type	Full location	Status	Full test
EMP-KWICKY-LR	Default - Fitness Level Two Fitness First fire stairs Level 1	OK	Passed 4 weeks ago
EMP-KWICKY-LR	Default - Fitness Level Two Fitness First fire stairs 2.5 Landing	OK	Passed 4 weeks ago
SUNRISE-ST	Default - Fitness Level Two Staff room	OK	Passed 4 weeks ago
SUNRISE-ST	Default - Fitness Level Two Office	OK	Passed 4 weeks ago
SUNRISE-ST	Default - Fitness Level Two Male toilet	OK	Passed 4 weeks ago
SUNRISE-ST	Default - Fitness Level Two Male toilet	OK	Passed 4 weeks ago
SUNRISE-ST	Default - Fitness Level Two waitcht area	OK	Passed 4 weeks ago

Live dashboard shows the status of every device on site.



The view from Balgowlah Fitness First over Sydney Harbour

Conclusion

By upgrading to the **PLEXUS Smart Building Compliance Suite**, Fitness First in Balgowlah successfully gained full control over its emergency lighting compliance, established cost certainty for its maintenance budget, and ensured long-term operational efficiency. This case study highlights the immense value of smart compliance solutions for any 24/7 facility looking to optimise building operations, ensure safety, and achieve greater control over costs.