

Health&Fitness Provider for Later Living

2025



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About InHouse Health&Fitness

We help Build & Engage Communities that are accessible, healthy, and sustainable within and around your assets through a comprehensive list of community events, resident social interaction & connection events, and resident health & well-being programming. We specialise in creating engaged communities out of strangers via fitness and well-being.

Our certified (QQI lvl 6 and above), all-in-one comprehensive health & fitness support system will help you attract new and retain existing residents, build happy and healthy communities, leverage your built amenities, lower operating costs, help you fulfil ESG obligations and generate new revenue streams for your assets.

Welcome Message



Johnny Finnan
Founder

After over two years of travelling worldwide as a fitness trainer working in countries such as the United States, United Arab Emirates, United Kingdom and Ireland, Johnny Finnan founded InHouse Health & Fitness out of his love for bringing people together through fitness and health.

It all started in 2018 providing fitness services to residences in Dublin and since then we brought together over 2000 residents, held over 100 wellness workshops with our client portfolio growth by 50% every year.

Now, we would love to share our passion for fitness and well-being with Later Living developments and see our programming benefit your residents!

Our Vision & Mission

Vision

Creating Communities out of Strangers Via Fitness!

Mission

Our mission as a business is to bring residents together through our services in order for them to interact with one another, form connections, exercise and educate themselves together.

We want to build strong communities in developments and make residents feel like **they belong**.

Our Services

Fitness and wellness services

- Health and fitness classes
- Health and fitness workshops
- InHouse Spa Days
- Community walks and/or cycles
- Fitness days



Management services

- Facility & equipment maintenance
- Gym design
- Gym health & safety
- Induction videos



Fitness & Wellness services

Community Walks & Cycles

The InHouse Health&Fitness Community walks are one of our most popular services. They are a great way for your residents to explore the local area such as parks, coast lines, running paths and many more. At the end of our Community Walks, which usually take place on a Saturday morning, we treat participants to a complimentary coffee!

Due to the success of our Community Walks we also launched Community Cycles. The concept is exactly the same as the Community Walks except this time we arrive with bikes, helmets, high visibility vests and we take off for a cycle around the local area!

Health & Fitness Classes

- Boxcercise Class
- Indoor Cycling (Bikes not provided)
- Kettlebells Class
- Pilates, Yoga, Yogalates Classes
- Bootcamp / HIIT Classes
- Personal Training
- ZUMBA
- Circuit Class

Fitness & Wellness services

Health workshops

We understand that it is also very important to educate residents on how to live healthier and more quality lives.

That is why we offer the InHouse Health&Fitness interactive Workshops. Just like with our fitness classes we are always adding new workshops to our service list.

- Nutrition Workshop
- Physiotherapy Workshop
- Self-Defense Workshop
- Fitness Workshop
- Yoga Workshop

InHouse Spa Day

These days are special events days to spice up your residents' routines!

On a Spa Day a professional masseur comes directly to your residence.

Management services

Facility & equipment management

If you need to take better care of your residence's gym facility & need someone in charge experienced in gym management then this service will hugely benefit you.

We will cover every aspect of gym management from cleaning service to maintaining machines.

For any repair services of your on-site facilities we are partnered with a highly skilled service team trained to maintain all major brands of commercial fitness equipment.

Gym design

This service is perfect for you, if you are currently building a new on-site gym or you are in the process of restructuring your current gym.

1. We will assist in designing or redesigning your on-site gym to maximise space usage.
2. Thanks to our years long experience in residential fitness, we will ensure that your gym is built and/or designed for the various needs of all of your residents.
3. We will recommend suitable equipment and do the market research for the best quality and best price offers.

Management services

Gym health & safety

All exercise equipment onsite is reviewed on areas including usage, wear and tear, location, upgrade options, user safety and other.

Facility review: Your overall facility will be reviewed on areas such as lighting, emergency exits, flooring, power points, potential hazards.

Audit report: Once completed you will receive a detailed report that will include a fully completed Health & Safety Statement, detailed report on all areas that were audited along with guidance on future steps that are required.

Ongoing assistance: We are here to help. We will provide you with ongoing assistance for your facility. This includes sourcing & purchasing equipment, arranging equipment repairs, arranging facility upgrades, etc.

Induction videos

Our team takes care of the recording so your residents can access expert guidance anytime, anywhere! We also take care of making sure the residents watched the induction video and are ready to use your gym safely.

The Process

Step 1

We review all developments that you wish for our services to be commenced into. We set out start dates.

From here, our team will build service packages for all developments - this including timetables, marketing materials, instructor schedules, shipping required equipment onsite etc.

Step 2

We commence all agreed services onsite within each development.

This is where the magic happens.

As soon as we launch our services onsite this is the first step in creating a community within your development.

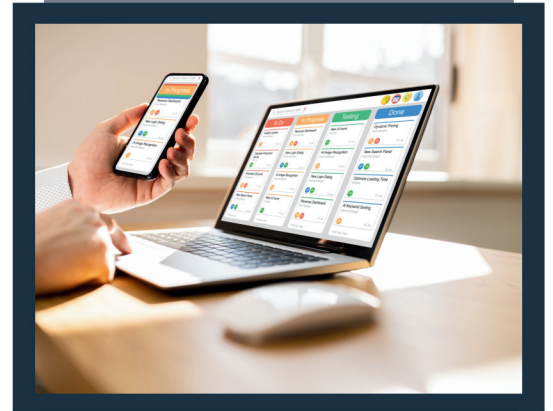
Step 3

We conduct service reviews once per quarter with your management team.

We will cover areas such as attendance, service add-ons, scheduling and special events.

Step 4

The last and final step is to continue providing our services within your developments, building healthy, fit and strong communities.



Thank You

Thank you for taking the time and reading a little bit about us. If you are interested in hearing more, do not hesitate to contact us!

We are looking forward to hearing from you.



Contact Us



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