



MEDIA RELEASE

Friday 21st November 2025

One Year On. EQUIPD Community Gym celebrates major growth and community impact with ACT Chief Minister and Health Minister

A year after reopening the Chifley Community Gym under new management, EQUIPD Allied Health today welcomes ACT Chief Minister Andrew Barr and Minister for Health Rachel Stephen-Smith to mark a year of significant growth, expanded services, and strengthened community impact.

Since October 2024, following joint investment with the ACT Government, the Gym at the Chifley Health and Wellbeing Hub has become a vibrant centre for exercise, rehabilitation, and social connection. EQUIPD now delivers high-quality allied health and community gym services for people of all ages and abilities, with a strong focus on older adults and people living with disability.

“Over the past year we have re-established and welcomed an amazing community back into a space that means so much to so many,” said Dylan Grubb, Director and Accredited Exercise Physiologist at EQUIPD Allied Health and Community Gym.

In its first twelve months, EQUIPD recorded more than 16,500 gym check-ins and delivered over 2,000 exercise physiology consultations, facilitating more than one million minutes of physical activity for the local community. With a median member age of 69 years, and many younger members living with disability, over 550 community members have benefited from EQUIPD’s programs.

Peter Lawson, a regular member, said, “Being here has completely changed my life. I come two or three days a week and the team helps me feel stronger, healthier, and more connected than I ever imagined I could in a gym.”

Equity remains central to EQUIPD’s model, with its Community Gym Subsidy Scheme supporting those facing financial barriers to exercise. “Our subsidy program reflects our belief that everyone deserves access to high-quality exercise support,” Dylan said. “We

are proud to be part of a system that will continue to champion equity, prevention, and community-centred care.”

Community engagement has grown strongly. The first week of reopening recorded 87 check-ins, rising to a peak of 470 in August, and since surpassing 500 weekly visits in November. EQUIPD also recorded its busiest single day to date with 140 members checking in.

Service capacity has expanded significantly, with opening hours increased by over 50%, a group fitness timetable now offering 30 classes weekly, and ongoing investment in technology and rehabilitation equipment to support gold-standard practice. Programming for 2026 will introduce additional chair-based classes and specialised mainstream disability exercise options to meet diverse needs outside compensable schemes.

EQUIPD has strengthened its integration within the ACT health system as the Exercise Physiology provider for the Multidisciplinary Approach to Diabetes Care (MADC) Pilot, a Capital Health Network-funded initiative aimed at reducing the risk of diabetes-related complications through coordinated multidisciplinary care. Its contributions have also begun to receive recognition, most recently winning the 2025 ACT Quality and Safety in Health Care Award for Emerging Quality and Safety Leader.

As the Chief Minister and Health Minister tour the facility today, EQUIPD will highlight the combined impact of integrated allied health services, supervised gym access, and inclusive group fitness programs in a supportive, social environment.

“Today is about reflecting on what can be achieved when community, government and organisations work together towards a common goal,” Dylan said. “The community gym is thriving, and we are only just getting started.”

For more information on services, group fitness timetables, memberships and referrals, visit www.equipdalliedhealth.com.au

MEDIA CONTACT: For further information, images or interview requests, please contact Steven Dosen, EQUIPD Allied Health, on (02) 5135 6600 or steven.dosen@equipdalliedhealth.com.au