

06 September 2018

THE GYM GROUP PLC ("THE COMPANY")

Notification of Transactions by Persons Discharging Managerial Responsibilities ("PDMRs") and Connected Persons

The Company announces that it was informed on 6 September 2018 that John Treharne, Chief Executive Officer, has sold 500,000 ordinary shares of 0.01 pence each in the capital of the Company, as detailed below. Following this sale, John still holds a significant shareholding in the Company and he has committed that he will not undertake any further trades in the Company's shares for the next six months. As announced on 30 May 2018, John will stand down as Chief Executive Officer with effect from 17 September 2018 and will remain on the Board as Founder Director.

1.	Details of PDMR / person closely associated with them ("PCA")		
a)	Name	John Treharne	
2.	Reason for the notification		
a)	Position / status	Director, Chief Executive Officer	
b)	Initial notification / amendment	Initial Notification	
3.	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor		
a)	Name	The Gym Group plc	
b)	LEI	213800VCU9TBANZIN455	
4.	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted		
a)	Description of the financial instrument	Ordinary Shares of 0.01 pence each ISIN: GB00BZBX0P70	
b)	Nature of the transaction	Sold Shares	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£3.29	500,000

d)	Aggregated information Aggregated volume Price	N/A
e)	Date of the transaction	06/09/2018 (London)
f)	Place of the transaction	London Stock Exchange XLON

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