

28 September 2018

**THE GYM GROUP PLC ("THE COMPANY")**

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

1.	Details of PDMR / person closely associated with them ("PCA")		
a)	Name	Paul Gilbert	
2.	Reason for the notification		
a)	Position / status	Senior Independent Non-Executive Director	
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)
		£3.10	200,000
d)	Aggregated information		

	Aggregated volume Price	N/A
e)	Date of the transaction	28/09/2018 (London)
f)	Place of the transaction	London Stock Exchange XLON

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