

27 March 2019

THE GYM GROUP PLC ("THE COMPANY")

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

The Company announces that on 27 March 2019, it was notified that Penny Hughes, Chairwoman, had purchased 23,911 shares in the Company and that Richard Darwin, CEO, had purchased 11,000 shares in the Company. Details of the purchases can be found below.

In addition, the following notification made under article 19.1 of the Market Abuse Regulation ("MAR") relates to exercising of nil-cost options to persons discharging managerial responsibilities ("PDMR") on 26 March 2019 under the Company Performance Share Plan ("PSP") and to PDMRs buying shares. This announcement is made in accordance with Article 19.3 of MAR.

The Company announces that on 26 March 2019, the following PSP awards made on 16 March 2016 have been exercised following partial achievement of the performance criteria, with 41.65% of the PSP awards vesting for consideration of £0.0001 per share. Details of the number of ordinary shares of £0.0001 each in the share capital of the Company ("Shares") received, sold to meet tax and national insurance contributions and retained by PDMRs are set out below.

Name of Director/ PDMR	Number of Shares vested under PSP award	Number of Shares exercised under PSP award	Number of Shares sold to cover tax and national insurance contributions	Number of Shares retained
Richard Darwin	23,490	23,490	11,080	12,410
John Trehame	36,540	36,540	17,235	19,305
Jonathan Spaven	23,490	23,490	11,080	12,410

Purchase of shares in the Company:

1.	Details of PDMR / person closely associated with them ("PCA")	
a)	Name	Penny Hughes
2.	Reason for the notification	
a)	Position / status	Chairwoman
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	Purchase of shares	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£2.2003	23,911
d)	Aggregated information Aggregated volume Price	N/A	
e)	Date of the transaction	27/03/2019 (London)	
f)	Place of the transaction	London Stock Exchange XLON	

1.	Details of PDMR / person closely associated with them ("PCA")		
a)	Name	Richard Darwin	
2.	Reason for the notification		
a)	Position / status	CEO	
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	Purchase of shares through a self-invested personal pension	
c)	Price(s) and volume(s)	Price(s)	Volume(s)
		£2.1843	11,000
d)	Aggregated information Aggregated volume Price	N/A	
e)	Date of the transaction	27/03/2019 (London)	
f)	Place of the transaction	London Stock Exchange XLON	

Exercise of nil cost options and sale of shares to meet tax and NI:

1.	Details of PDMR / person closely associated with them ("PCA")	
a)	Name	<ol style="list-style-type: none"> 1. Richard Darwin 2. John Trehame 3. Jonathan Spaven
2.	Reason for the notification	
a)	Position / status	<ol style="list-style-type: none"> 1. Chief Executive Officer 2. Founder Director 3. PDMR, Property 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	Exercise of options under the Company Performance Share Plan
c)	Price(s) and volume(s)	Price(s)
		Volume(s)
		1. £0.0001
		2. £0.0001
		3. £0.0001
		1. 23,490
		2. 36,540
		3. 23,490
d)	Aggregated information	N/A
	Aggregated volume	
	Price	
e)	Date of the transaction	26/03/2019
f)	Place of the transaction	Outside a trading venue

1.	Details of PDMR / person closely associated with them ("PCA")	
a)	Name	1. Richard Darwin 2. John Trehame 3. Jonathan Spaven
2.	Reason for the notification	
a)	Position / status	1. Chief Executive Officer 2. Founder Director 3. PDMR, Property 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	Sale of shares, principally to cover tax on exercising of award under the Company Performance Share Plan
c)	Price(s) and volume(s)	Price(s)
		Volume(s)
		1. £2.22
		2. £2.22
		3. £2.22
		1. 11,080
		2. 17,235
		3. 11,080
d)	Aggregated information	N/A
	Aggregated volume	
	Price	
e)	Date of the transaction	26/03/2019
f)	Place of the transaction	Outside a trading venue

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