



Mark Marais of the Nanaimo Athletic Club and client Chris Cheshire ride some of the club's 'Green Revolution' stationary bicycles. [WALTER CORDERY/DAILY NEWS]

Members' sweat generates electrical power for fitness club

WALTER CORDERY DAILY NEWS

A Nanaimo fitness club is the first on Vancouver Island, and just the second facility in Canada, to use the sweat of its members to power the televisions they watch and music they listen to while riding a stationary bicycle.

Tuesday, the Nanaimo Athletic Club officially launched their 'Green Revolution,' a series of stationary bikes that each have a generator to collect the energy those riding the bikes generate.

"We are pleased to use these and eventually most of our cardio equipment will be able to generate electricity that we will be able to use in the club," said co-owner Mark Marais.

"If we run four classes a day here

for a year with 15 people attending each class, we should be able to generate 2.7 megawatts of electricity in a year, enough to power 54 homes," said Marais.

"The faster people pedal, the more energy they produce," he said.

The club, located behind the Quarterway Pub at 1451 Bowen Rd., plans to introduce treadmills and rowing machines that use the same technology to power the electrical equipment in the facility.

The fitness club has only recently installed these stationary bikes so it is too early to determine how much of a saving they will give them on its hydro bill.

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