# Garioch Sports Centre drives Hyrox fitness boom with £15,000 investment



# The Rise of Hyrox: A Fitness Revolution in Aberdeen

In the quaint town of Inverurie, the Garioch Sports Centre is witnessing a surge of enthusiasm for Hyrox, a fitness phenomenon that has captivated gym-goers worldwide. Kevin Bonarius, the centre’s chief operating officer, notes that the Hyrox craze is “all anyone talks about.” Recognising its burgeoning popularity, the centre has invested £15,000 to develop specialised facilities, equipping their sports hall with the necessary gear for Hyrox classes. This strategic move has attracted 40 new members, generating an additional monthly income of £2,000, a testament to the trend’s substantial appeal.

Hyrox, which originated in Germany in 2017, merges endurance running with functional strength workouts. Participants complete eight 1km runs interspersed with exercises such as sled pushes, burpees, and lunges, catering to a diverse audience eager for accessible fitness challenges. The event format has spurred entry from over 260,000 individuals across 60 global races this year alone. This universal appeal is underscored by co-founder Moritz Fürste’s vision of connecting various training communities, creating a supportive atmosphere where people of all abilities can thrive.

The local support for an official Hyrox race in Aberdeen echoes Kevin’s sentiments. Though currently there is only one Scottish event scheduled in Glasgow, the Garioch Sports Centre advocates for an expansion at P&J Live, a venue that has already successfully hosted events like the Rogue Invitational. Kevin believes Aberdeen could become a significant destination for Hyrox competitors, drawing participants from as far afield as the Highlands and Glasgow. “The demand is there for large-scale events,” he argues, highlighting the success of CrossFit competitions held in the region, which further cement the need for Hyrox’s inclusion in the annual calendar.

In response to the current lack of official races, Garioch Sports Centre is proactively organising Hyrox simulations, allowing local members to engage in competition without needing to travel to distant venues. This initiative aims to fill the void while awaiting a formal event announcement. With plans to hold a members-only event in August, Kevin envisions a lively atmosphere reminiscent of larger race venues, enhancing community engagement and support.

The popularity of Hyrox can be attributed to its unique blend of accessibility and encouragement across age and fitness levels. “Anyone can do it—any age, any ability,” Kevin explains, aligning with the centre’s ethos of fostering inclusive fitness pathways. This adaptability is crucial, allowing participants to modify workouts to suit their strengths and capabilities, while still being able to compete side-by-side. Anecdotes of families and friends coming together to cheer participants highlight the camaraderie that Hyrox fosters, making it as much about community as it is about competition.

As gym culture continues to evolve, Hyrox stands out not only for its innovative approach to fitness but also for its potential to redefine participatory sports events. With a projected growth in the gym apparel market alongside rising popularity for accessible fitness events, the “Hyrox look” is becoming an emblem of both style and function in the fitness world.

As Garioch Sports Centre prepares for its upcoming simulation events, the hope is that Aberdeen will soon join the ranks of cities hosting official Hyrox races—creating a new hub for fitness enthusiasts eagerly flocking to embrace the exhilarating challenge that is Hyrox.

## Reference Map:

* Paragraph 1 – [[1]](https://www.pressandjournal.co.uk/fp/sport/other/6751428/hyrox-aberdeen-garioch-sports-centre/), [[2]](https://www.time.com/6978977/hyrox/)
* Paragraph 2 – [[1]](https://www.pressandjournal.co.uk/fp/sport/other/6751428/hyrox-aberdeen-garioch-sports-centre/), [[5]](https://elpais.com/eps/2025-02-28/la-fiebre-por-el-hyrox-una-explosiva-combinacion-de-carreras-con-ejercicios-que-triunfa-en-gimnasios.html)
* Paragraph 3 – [[1]](https://www.pressandjournal.co.uk/fp/sport/other/6751428/hyrox-aberdeen-garioch-sports-centre/), [[4]](https://www.ft.com/content/d3078dd2-2538-4d9d-bcc7-bd0320430c2a)
* Paragraph 4 – [[1]](https://www.pressandjournal.co.uk/fp/sport/other/6751428/hyrox-aberdeen-garioch-sports-centre/), [[3]](https://www.cadenaser.com/galicia/2025/02/21/sergio-monteagudo-el-corunes-que-compite-en-el-europeo-de-hyrox-la-disciplina-hibrida-que-conquista-a-los-deportistas-radio-coruna/)
* Paragraph 5 – [[1]](https://www.pressandjournal.co.uk/fp/sport/other/6751428/hyrox-aberdeen-garioch-sports-centre/), [[6]](https://as.com/masdeporte/polideportivo/que-es-el-hyrox-el-nuevo-deporte-que-quiere-desbancar-al-crossfit-y-ya-tiene-campeon-espanol-n/)

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## Bibliography

1. <https://www.pressandjournal.co.uk/fp/sport/other/6751428/hyrox-aberdeen-garioch-sports-centre/> - Please view link - unable to able to access data
2. <https://www.time.com/6978977/hyrox/> - Hyrox, a fitness event launched in Germany in 2017, is rapidly gaining international popularity due to its approachable and less painful nature compared to similar workouts like CrossFit. Created by an international race organizer and a field-hockey player, Hyrox features eight functional workouts such as the farmer's carry, rowing, and sled pull, each paired with a 1-km sprint. Its emphasis on individual progress rather than competing with professionals has attracted over 260,000 participants in 60 races this year alone. The program is now available in gyms across 65 countries and has formed brand partnerships with notable companies like Red Bull and Puma. Co-founder Moritz Fürste highlights Hyrox's ability to connect various training communities through an accessible methodology and lifestyle.
3. <https://www.cadenaser.com/galicia/2025/02/21/sergio-monteagudo-el-corunes-que-compite-en-el-europeo-de-hyrox-la-disciplina-hibrida-que-conquista-a-los-deportistas-radio-coruna/> - El Hyrox es una disciplina deportiva híbrida que combina carrera y ejercicios de fuerza funcional, creada en Alemania en 2017. Sergio Monteagudo, un destacado atleta de A Coruña, ha competido en esta disciplina desde 2022 y participará en su cuarto campeonato europeo en Viena. Hyrox ha crecido significativamente desde su inicio, con competiciones que ahora atraen miles de participantes y se celebran durante fines de semana enteros. En España, también ha ganado popularidad, con eventos en ciudades como Barcelona, Valencia, Bilbao, Málaga y Madrid. Monteagudo competirá en varias pruebas durante el fin de semana, con el objetivo de seguir acumulando logros en esta exigente disciplina.
4. <https://www.ft.com/content/d3078dd2-2538-4d9d-bcc7-bd0320430c2a> - Training has become a fashion statement with a booming gym apparel market, predicted to grow from $239.98 billion in 2024 to $438.47 billion by 2034. Brands are capitalizing on this trend with stylish and functional gear aimed at serious fitness enthusiasts. The "Hyrox look" has emerged, featuring items like the Built for Athletes x Hyrox 35L Pro backpack for organizing gear, and the Rad One shoes designed for gym versatility. Represent's 247 line offers visually appealing performance pieces, while Marchon supplements simplify nutrition with clear labeling and curated bundles. Gymshark's women’s line, including the Adapt Fleck seamless shorts and bras, is tailored for functionality and appeal. Accessories like sweatbands, knee sleeves, and motivational gym towels add to this fashionable fitness kit. Fitness enthusiasts are now increasingly blending fashion with function in their workout routines.
5. <https://elpais.com/eps/2025-02-28/la-fiebre-por-el-hyrox-una-explosiva-combinacion-de-carreras-con-ejercicios-que-triunfa-en-gimnasios.html> - Hyrox, una competencia que mezcla carreras y ejercicios funcionales, está ganando popularidad en los gimnasios. Nacido en Alemania en 2017, creado por Moritz Fürste, Michael Trautmann y Christian Toetzke, Hyrox combina ocho kilómetros de carrera con ocho ejercicios funcionales. Si bien los atletas consideran Hyrox un deporte y los entrenadores un entrenamiento, la organización lo ve como una marca con una competencia. Participan 250,000 deportistas en todo el mundo por temporada, y los mejores clasifican para la final en Chicago. Hyrox llegó a España hace cuatro años y ha crecido rápidamente, con competencias en Valencia, Málaga y Barcelona atrayendo a miles de participantes. La accesibilidad y el espíritu de comunidad son claves, atrayendo tanto a novatos como a exatletas de otros deportes.
6. <https://as.com/masdeporte/polideportivo/que-es-el-hyrox-el-nuevo-deporte-que-quiere-desbancar-al-crossfit-y-ya-tiene-campeon-espanol-n/> - El Hyrox es una nueva disciplina de fitness que combina ocho kilómetros de running con ocho workouts intercalados, exigiendo tanto fuerza como resistencia. Surgido hace aproximadamente cinco años en España, este deporte ha crecido rápidamente, organizando competiciones internacionales con un formato consistente de correr un kilómetro, realizar un ejercicio de fuerza, y repetir. Roberto Viciedo, un óptico-optometrista español, se coronó campeón mundial de la categoría sub-24 en los Hyrox World Championships 2024 en Niza. Más de 250,000 atletas compiten globalmente en Hyrox, destacando su rápido ascenso y popularidad en la escena del fitness.