

# Gym

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## Overview

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New players join the [Davies Den](#) gym. There are currently 30 standard gyms. To unlock the new standard gyms, you have to train hard, and pay the fee to join the new gym. You'll slowly gain gym XP to allow you to unlock and train in better and bigger gyms. The next gym will be available once you have the required XP to join. To join, a 'UP!' button will be shown on your gym message.

While viewing the gym information page, you will notice next to each stat there are values. These are multipliers that typically increase as you gain access to better gyms, however this may not always be the case for all stats. For example, [Davies Den](#) has a modifier of 3 across all stats, and is a [Featherweight Gym](#). [Silver Gym](#) is also a [Featherweight gym](#) and has a modifier of 5 across all stats.

A very important part of the gym is your [Happiness](#). Think of [Happiness](#) as a modifier to your gym gains. You can use [Properties](#) to permanently increase your natural happiness allowing for consistent higher gains. After each train in the gym, you will lose some happiness. The happiness you lose is between 40-60% of the [Energy](#) used.

# Commands

The commands for this section can be found [here](#)

## Featherweight Gyms

Name	Unlock Price	Train Cost	Strength Gains	Defence Gains	Speed Gains	Dexterity Gains
Davies Den	£0	5 Energy	3	3	3	3
Pure Gym	£250	5 Energy	3.4	3.4	3.8	3.4
Beach Bods	£500	5 Energy	3.8	4.2	4	3.8
Global Gym	£1,000	5 Energy	4.2	4.2	4.2	4
Franks Fitness	£2,500	5 Energy	4.4	4.6	4.4	4.2
Average Joes	£5,000	5 Energy	4.4	4.6	4.6	4.8
Pour Femme	£10,000	5 Energy	4.7	4.7	4.7	4.7
Silver Gym	£25,000	5 Energy	5	5	5	5

## Lightweight Gyms

Name	Unlock Price	Train Cost	Strength Gains	Defence Gains	Speed Gains	Dexterity Gains
Core Gym	£50,000	10 Energy	5.8	5.4	5	5.2
Knuckle Heads	£100,000	10 Energy	5.4	5.6	5.8	5.4
Carls Cardio	£250,000	10 Energy	6	5.6	6.2	5.6
Legs, Bums & Tums	£500,000	10 Energy	6	6.2	6	6
Anabolic Anomalies	£1,000,000	10 Energy	6	6.4	6.5	6.2

Pioneer Fitness	£2,000,000	10 Energy	6.5	6.8	6.5	6.2
Gym Hero	£3,000,000	10 Energy	6.3	6.6	6.6	6.7
Muscle Monsters	£5,000,000	10 Energy	7	7	7	7

## Welterweight Gyms

Name	Unlock Price	Train Cost	Strength Gains	Defence Gains	Speed Gains	Dexterity Gains
Flow Fitness	£7,500,000	10	7.1	7.2	7	7.3
Planet Fitness	£10,000,000	10	7.2	7	7.1	7.1
Muscle Magic	£12,500,000	10	7.2	7.3	7.4	7.2
Rival Fitness	£15,000,000	10	7.3	7.4	7.4	7.4
Dynamo Fitness	£17,500,000	10	7.5	7.5	7.5	7.5

## Middleweight Gyms

Name	Unlock Price	Train Cost	Strength Gains	Defence Gains	Speed Gains	Dexterity Gains
Premium Body	£20,000,000	20	7.5	7.6	7.5	7.6
World Gym	£22,500,000	20	7.6	7.5	7.4	7.6
Crossfit Zone	£25,000,000	20	7.7	7.8	7.8	7.9
Retro Fitness	£30,000,000	20	7.8	7.7	7.9	7.8
Fit! Gym	£35,000,000	20	8	8	8	8

## Heavyweight Gyms

Name	Unlock Price	Train Cost	Strength Gains	Defence Gains	Speed Gains	Dexterity Gains
Catalyst Fitness	£42,500,000	25	8.2	8.1	8.1	8.2
Canyon Gym	£50,000,000	25	8.1	8.3	8.2	8.1
Raise The Bar	£62,500,000	25	8.3	8.2	8.2	8.4
24 Hour Fitness	£75,000,000	25	8.5	8.5	8.5	8.5

# Special Gyms

Name	Unlock Price	Train Cost	Strength Gains	Defence Gains	Speed Gains	Dexterity Gains
?	?	?	?	?	?	?

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