



Fitness First Wigan – 5th January 2022

Fitness First Wigan has reopened its doors after a £900,000 extensive refurbishment

Just in time for the new year, we're proud to bring to Wigan a brand-new Fitness First club, on Stadium Way.

Fitness First Wigan is boasting over 50,000 sq. ft., 4 studios, extensive free weights area, top of the range fitness equipment, specially tailored workout classes, a swimming pool, steam room and 2 squash courts.

On top of an overall makeover of the club, members can expect:

- New Free Weights & Strength area – we've redesigned our free weights area to include over 50 pairs of dumbbells; duplicates and triplets of weights we see our members use most frequently. 14 adjustable weight benches and a huge variety of new plate loaded strength equipment
- Dedicated lifting platforms: 4 Technogym half racks incorporating custom made Olympic lifting platforms, with all new bumper weight plates and bars
- New purpose-built Cycle Studio with brand new audio system
- New Yoga and Pilates Studio – we've created a dedicated mind and body studio so our members can leave feeling calm and centred.
- Upgraded Aerobics studio with additional equipment so we can increase capacity making classes more accessible
- More space to train as our members like: a Strength and Conditioning zone with a brand-new rig and wall ball targets, and a HIIT zone with Sled track, curved treadmills, Assault Bikes, Ski Ergs and Rowers

We've also added to our Wigan club some of our most successful fitness concepts, **exclusive to Fitness First:**

RoX - A boutique style studio space and class session combining running and boxing rolled into one stress-busting workout. This is a fantastic high energy workout with awesome music. Bring your attitude to the bag.

TraX - Our latest and greatest in-gym boutique experience. This is a high-intensity, low impact workout to improve strength and increase aerobic capacity.

Finally, the reception area, the changing rooms, and the showers had a makeover too, to ensure the best member experience from start to finish.

All Fitness first members also have access to the FFX app to make the best of their membership and maximise their workouts with:

- contactless check-in
- class booking 7 days in advance
- activity tracking via all main health trackers
- access to FFX On Demand, our online and workouts, accessible 24/7 from anywhere.
- discover Personal Trainers, purchase, and book your sessions within a few taps



Lee Matthews, Fitness First Managing Director, comments on the refurbishment, “The Wigan Club was redesigned with our members in mind and we’re so happy with the result. We’re committed to bringing our expertise to the Wigan community and making our members stronger in life, one training session at a time, in the safest and cleanest environment. Our members are delighted with the new space and that’s the best feeling.”

Fitness First Wigan is open 7 days a week, 6 am till 10 pm Monday to Thursday, 6 am till 9pm on Friday and 8 am till 8 pm on Saturday and Sunday.

For a limited time, join now and get your first month on us.

6 months term min. Valid until 16th January 2022. T&Cs apply.

About Fitness First

Fitness First created the gym industry in the UK in the 1990s and fast became a leader in the market because of its unshakeable passion for fitness. With 45 clubs across the country, the Fitness First team are experts in everything health and wellbeing, supported by four key best in class brand pillars: Classes, Equipment, Personal Trainers, and Customised Workouts. Fitness First is committed to a bright future of making our members stronger in life, one training session at a time.

Fitness First website

<https://www.fitnessfirst.co.uk/>

Book a Club Visit

<https://www.fitnessfirst.co.uk/club-visit/>

Join now

<https://www.fitnessfirst.co.uk/join>

Contact

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