

CLUB REFURBISHMENT

We're raising the bar

Fitness First Queen's Park set for major transformation this August

16 July 2025

Fitness First' Queen's Park is among the first clubs to benefit from a fresh new look as part of the brand's continued commitment to delivering elevated training environments.

A higher standard is on the way

To make room for these significant upgrades, the club will close temporarily—but what's coming promises to be worth the wait. Members can look forward to a fresher, smarter, more inspiring space designed to power up their workouts like never before.

Further details on the Queen's Park transformation will be unveiled over the coming weeks.



Key dates and member access

The club will undergo refurbishment between the following dates:

Closed from: 4th August 2025
Reopening: 1st September 2025

During the closure period, all Queen's Park members will be welcome to train at any Fitness First club across the UK at no extra cost.

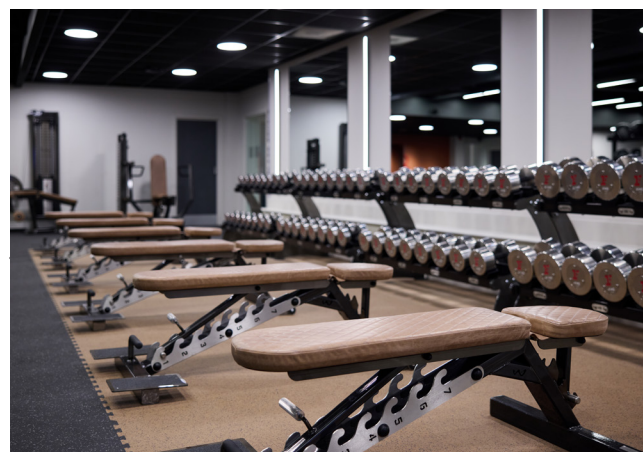
For those unable to travel to alternative locations, memberships can be frozen free of charge throughout the refurbishment period.

The Marylebone effect

The Queen's Park upgrade follows the successful relaunch of Fitness First Marylebone, which recently unveiled a state of the art transformation. The Queen's Park refurbishment will bring that same elevated experience to West London, with:

- Smarter kit layouts for smoother training
- Vibrant lighting designed to energise workouts
- Premium recovery zones for post session rest
- A clean, modern aesthetic throughout the facility

This isn't just a refurbishment, it's a full upgrade to how members train, move, and recover.



Introducing 'able' by Fitness First

Launching alongside the refurbishment is able, Fitness First's new personalised training experience.

Able delivers smart, AI led training powered by full body diagnostics and BioAge tracking—giving members insight into strength, flexibility, metabolism, and cardiovascular health.

Using best in class technology, able creates a personalised workout plan tailored to each individual's body and goals. It evolves with the member, offering visual progress, structured coaching, and ongoing motivation.

Able is already live in clubs like Marylebone and will be launching soon at Queen's Park.

