



Fitness First – Bangor, Wales **Opening on Monday 3rd May at 10am**

Fitness First is opening its 45th club in Bangor, Wales, on Monday 3rd May at 10am.

Boasting over 20,000 sq. ft., top of the range fitness equipment, multi-discipline and spin studios for classes, specially tailored workout classes, a swimming pool and a steam room, Fitness First Bangor, Wales will also offer free parking.

Fitness First Bangor, Wales will be open 7 days a week, 6 am till 9 pm Monday to Friday and 8 am till 6 pm on Saturday and Sunday.

Gym floor classes will be available from opening and we're excited to bring you our new gym concept, TraX, a high intensity station-based class which helps improve strength and increases aerobic capacity, helping you live your life better. Our multi-discipline and spin studios will be available from **Monday 10th May** as we're adding the final touches. Expect to find all the classes that our members love such as yoga and Pilates, spin classes as well as our **Signature classes**, exclusive to Fitness First, to help you go further with your strength and cardio training.

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, curated workouts, and access to FFX On Demand, our online classes and workouts, accessible 24/7 from anywhere.

Lee Matthews, Fitness First Managing Director, comments on the opening, "We're delighted to be back in Bangor Wales, with Fitness First, and offer the local community our expertise, latest equipment and a wonderful pool. We're also proud to have created 30 colleague positions in our Bangor, Wales Club across reception, personal training and fitness experts, class instructors, cleaning, and maintenance to support our members getting all the benefits from a fitness regime, in the safest and cleanest environment."

About Fitness First

Fitness First created the gym industry 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 the nation 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/>
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Contact media@fitnessfirst.co.uk