



## Fitness First – Milton Keynes NOW OPEN

**Fitness First has opened its 44<sup>th</sup> club in Milton Keynes, Stadium Way West, on Wednesday 14<sup>th</sup> April.**

Boasting over 30,000 sq. ft., 3 studios for classes - multi-discipline, spin, mind & body, top of the range fitness equipment, specially tailored workout classes and a swimming pool and sauna, Fitness First Milton Keynes also offers free parking.

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

Classes will start on 17<sup>th</sup> May as per government's guidelines and we're excited to bring you all the classes our members love such as Les Mills, 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 Milton Keynes 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 Milton Keynes 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."

Opening offer of no joining fee + one month free for a 6-month contract is available until 12<sup>th</sup> May.

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### 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 - our latest club opening on 3<sup>rd</sup> May in Bangor, Wales, 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/>  
Join now <https://www.fitnessfirst.co.uk/join>

Contact [media@fitnessfirst.co.uk](mailto:media@fitnessfirst.co.uk)