



Welcome to your local DW Fitness gym. Located right in the centre of town on Angouleme Way, our gym is a short walk away from Mill Gate Shopping Centre and Bury College, making it easy to enjoy a workout in between errands or after a cup of coffee.



With a large variety of resistance and cardio machines, a dedicated free weights area and an excellent selection of group exercise classes, our gym is the perfect place for anyone to work out. In our cardio area you'll find a great selection of exercise equipment, letting you work up a sweat and burn calories with ease.

Our treadmills, cross trainers, rowing machines and other cardio equipment make it easy to track your workouts and monitor your progress. We also have an athletics area aimed to help improve functional strength, acceleration and endurance.

Ready to lift weights? Our free weights area is fully equipped with a large selection of barbells, dumbbells, benches and racks to help you train, tone and strengthen your muscles at your own pace. We also have an extensive selection of loaded weights and cable machines for isolation work and advanced training.

Ready for a group workout? With our spinning and group exercise studios, you can take part in a variety of group classes to build and tone muscle, burn calories and improve your health in a supportive and motivating group environment.

Once your workout is finished, you can relax and detox in the steam room, tan and soothe your skin in our sunbeds or treat your muscles to a recovery session in the spa pool. We even have a swimming pool with aqua aerobics, swimming lanes and swimming lessons for members.

OPENING TIMES

MONDAY 06:00 - 22:00 • TUESDAY 06:00 - 22:00 • WEDNESDAY 06:00 - 22:00
THURSDAY 06:00 - 22:00 • FRIDAY 06:00 - 21:00 • SATURDAY 08:00 - 20:00
SUNDAY 08:00 - 20:00

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www.dwfitnessfirst.com