

# Timetable

## Monday

- **Group Personal Training** with Sue 9:15 to 9:40
- **Zumba** with Sue 9:45 to 10:45
- **Ab Blast** with Sue 10:45 to 11:00
- **Rebound 30 Minutes** with Alisha 12:35 to 13:05 £3 Non members £1.50 Members paid a week in advance to Alisha
- **Rockbox** with Sue 17:00 to 18:00 £5 adults £3 under 16s free in memberships
- **Rebound 30 Minutes** with Fay 17:30 to 18:00 £3 non members £1.50 members paid a week in advance to fay
- **Power Step** with Fay 18:00 to 18:30
- **Hiit** with Fay 18:30 to 19:00
- **Zumba Toning** with Sue 19:00 to 19:45
- **Group Personal Training Arms** with Pauline 19:30 to 20:00

## Tuesday

- **Rebound 30 Minutes** with Fay 9:00 to 9:30 £3 Non Members £1.50 Members paid 1 week in advance to Fay
- **Group Personal Training** with Sue 9:15 to 9:40
- **PowerHoop** with Fay 9:45 to 10:15
- **Body Bar Total Tone Zone** with Fay 10:15 to 10:45
- **Tone Moan And Groan** with Sue 18:00 to 18:30
- **Rebound 30 Minutes** with Laura 18:15 to 18:45 £3 Non Members £1.50 Members paid 1 week in advance to laura
- **Zumba** with Sue 18:30 to 19:15
- **Strong By Zumba** with Fay 19:15 to 20:15

## Wednesday

- **Kettle Blast** with Sue 9:15 to 9:45
- **Group Personal Training** with Fay 9:15 to 9:40
- **Zumba Toning** with Sue 9:45 to 10:30
- **Rebound 30 Minutes** with Sue 17:30 to 18:00 £3 Non Members £1.50 Members paid 1 week in advance to Sue
- **Group Personal Training** with Pauline 18:00 to 18:20
- **Sosa** with Mandy 18:00 to 19:00 £4 pay as you go free in memberships
- **Zumba** with Fay 19:00 to 20:00 £4 pay as you go free in memberships
- **Rebound 30 Minutes** with Fay 20:05 to 20:35 £3 Non Members £1.50 Members paid 1 week in advance to Fay

## Thursday

- **Group Personal Training** with Fay 9:15 to 9:45
- **Rebound 30 Minutes** with Sue 9:15 to 9:45 £3 Non Members £1.50 Members paid a week in advance to Sue
- **Zumba Originals** with Fay 18:00 to 19:00
- **Rebound 30 Minutes** with Alisha 18:15 to 18:45 £3 Non Members £1.50 Members paid a week in advance to Alisha
- **Glowdisco** with Sue 19:00 to 20:00
- **Group Personal Training** with Fay 19:45 to 20:15
- **Rebound 30 Minutes** with Sue 20:05 to 20:35 £3 Non Members £1.50 Members paid 1 week in advance to Sue

## Friday

- **Group Personal Training** with Fay 9:15 to 9:40
- **Rockbox** with Sue 9:30 to 10:30 £5 adults £3 under 16s free in memberships
- **Power Step** with Fay 10:30 to 10:50
- **Rebound 30 Minutes** with Sue/Fay 17:30 to 18:00 £3 Non Members £1.50 Members paid a week in advance to Sue or Fay
- **Strong By Zumba** with Fay 18:15 to 19:15
- **Group Personal Training** with Pauline 18:15 to 18:45

## Saturday

- **Group Personal Training** with Heather 10:05 to 10:30
- **Pilates** with Heather 10:30 to 11:30

## Sunday

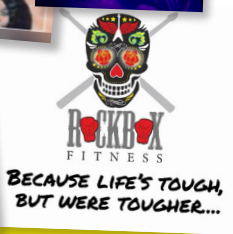
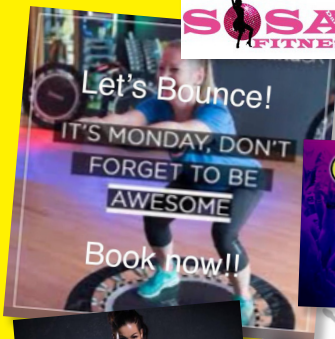
- **Zumba** with Fay 10:05 to 11:05
- **Group Personal Training** with Sue 10:05 to 10:30
- **Rebound 30 Minutes** with Sue 11:05 to 11:35 £3 non members £1.50 members paid a week in advance to Sue

All our classes in the studio and on the gym floor are FREE in your membership however (Rebound studio classes are half price for members 30 minutes £1.50 45 minutes £2.50 pre booked a week in advance and paid to the independent instructor teaching the class). We also do class passes, 10 classes for £35 (no use by date) plus pay-as-you-go classes (£1.50 for 15 minute classes, £3 for 30 minute classes and £4 for 45 and 60 minute classes). No booking is necessary.

# First Step 2 Fitness

**FREE  
TRIALS  
AVAILABLE**

- 4 week herbalife body challenge.
- Brand new rebound (mini trampoline) studio.
- Group personal training hitt sessions daily on gym floor.
- Pop in for a chat and see all we have to offer.
- Nominated community fitness facility 2019.



**176 Victoria Rd,  
Darlington, DL1 5JN**

Gym, Classes Sauna & eucalyptus  
steam rooms: 01325 360040

Infinite styles hair salon: 07507 669847

Blissful holistic therapies: 07944 660590

Ooh la la beauty: 07519 267367

Email: [firststep2@btconnect.com](mailto:firststep2@btconnect.com)

Website: [www.firststep2fitness.com](http://www.firststep2fitness.com)



Find us on social media for all latest offers, classes and information.