



Living Well
North Tyneside
Supporting Health and Wellbeing

The QFit Gym

The QFit Gym CIC is a social enterprise, we operate a small independent community gym facility based inside the John Willie Sams Centre, Dudley, North Tyneside. We offer a safe and supportive environment for customers regardless of ability or fitness levels.

Alongside the standard gym we provide Low, Medium and High impact exercise classes, Personal Training sessions, Massage therapy and small group supported gym sessions.

The QFit Gym



01912500166



info@qfitgym.uk



The John Willie Sams Centre
Market Street
Dudley
Cramlington
England
NE23 7HS



www.qfitgym.uk



@THEQFITGYM



@QFITGYM

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Services

BoxActive for Parkinsons

Low Impact Class Package

Supported Gym Package

Events

No Events

Activities

No Activities
