



facilities hire.

Sports Hall

Whole Hall (Peak)	£25.00 per hour
Half Hall (Peak)	£12.50 per hour
Off peak	£15.00 per hour
Badminton Court	£6.00 per hour

Block Booking (min 6 weeks)

£22.50 per hour
£10 per hour
n/a
£5.00 per hour

Exercise Studio - Block Booking (min 6 weeks)

Peak	£15.00 per hour
Off peak	£10.00 per hour

Block Booking (min 6 weeks)

£12.50 per hour
n/a

opening times.

Monday		12.15pm - 9.00pm
Tuesday	7.00am -9.00am	12.15pm - 9.00pm
Wednesday	9.00am -1.15pm	4.15pm - 9.00pm
Thursday	7.00am -9.00am	12.15pm - 9.00pm
Friday		12.15pm - 7.00pm
Saturday	9.00am - 4.00pm	
Sunday	9.00am - 4.00pm	

contact details.

For further information please contact us on
0191 375 4479.



get results.
stay active.
enjoy.



steps2fitness



get results. stay active. enjoy.

If you're looking for a relaxed, enjoyable and professional setting at an affordable price, then steps2fitness can help you to meet your fitness goals.

Our specialist facility incorporates a state of the art gym, exercise studio and large sports hall, all accompanied by changing rooms, lockers and a spacious sports café. To help create a complete professional sports environment, we also offer fitness assessments and sports therapy.

Whether these are your first steps towards fitness or you are an experienced athlete, we've got years of experience in helping people stay fit and healthy. It's not just accessibility that makes us popular, but our facility is a great way of making new friends and training with like minded people.

the gym.

Join our superbly equipped air-conditioned gym with audio-visual system.

- Cardio vascular & aerobic stations – including the latest treadmills, rowers, steppers and cross-trainers.
- Fixed weights machines.
- Free-weight area.

gym membership per annum.

Off peak	£100	Mon, Tues, Thurs, Fri opening-5pm Wed 9-1pm and 4-6pm
Peak	£160	unlimited usage
Couples peak	£250	unlimited usage
Student Membership		£85 or £20 then £2.50 per session (NCD students only)
National Union of Students Membership (NUS)		£120 – unlimited usage
Corporate/Team membership (10+)		£120 – unlimited usage
Staff membership		£120 – unlimited usage (NCD staff only)
Casual user - pay as you go		£20 per annum then £3 per session.

Direct debit options available, please ask for details.

fitness classes.

Keeping fit should be fun, that's why we offer a range of exercise classes designed to complement your workout and stimulate your enjoyment as well as your muscles.

Please call the sports team for our latest times and class details.

All classes are £2.50 per person, per session.

Spinfit | Aerobics | Yoga | Tai Chi* | Hapkido** | Dance | Boxercise | Volleyball | Kick-boxercise

personal trainers.

Our personal trainers are there to give you motivation, advice and encouragement, plus expert advice on lifestyle changes to help you achieve your goals. Our personal trainers are friendly and qualified experts with specialist knowledge. Kick start your fitness routine with a weekly or monthly booking or simply book a trainer for key stages throughout your training.

One to one training £15 per 60 minute session.

sports therapy.

We offer regular therapy sessions from sports massage to help prevent injuries, maintain suppleness and improve performance, to full treatments to aid recovery from injury. For further details please call the fitness team.

fitness assessments.

If you want to monitor your progress as you train, then it is important for you to have regular fitness assessments. It is also important to have an assessment before you start your programme, that way you can actively see improvements when you reassess. Various practical assessments can be incorporated to measure a mixture of components, including: aerobic capacity, muscular strength and endurance, lung efficiency, flexibility, body composition, blood pressure, and height and weight .

£5 to members /£7.50 non members

* Tai Chi - £4.00 per person, per session, ** Hapkido - £3.00 per person, per session