



<http://www.pepperroadfitness.co.uk/>

Welcome to Pepper Road Fitness.

Based in Hazel Grove, Stockport, this site Pepper Road Fitness is a gym facility which has been purposely designed for personal training.

We're open 6 days a week and run classes from Monday to Saturday.

We have some of the best personal trainers in the area and are focussed on helping you achieve your individual goals.

Our gym has two private changing rooms with showers so you're able to train before and after work and during the day.

Latest News

07 OCT

MARR 5K

On a cold Sunday Morning, 16 brave FRP runners and one very cute dog, donned their green t-shirts and set off down the new MARR bypass for a 5k "fun run".

Training Classes

High Intensity Interval Training

Lunch Time Calorie Burnout

Burn some calories during your lunch hour! No more sleeping on the job in the afternoon - return to work with a buzz!

Functional Fitness

Work off the Weekend on a Monday

Interval Training

Accelerate your cardiovascular development

Strength & Conditioning

Improve the strength of your body

Physique Workshop

Float like a butterfly and sting like a bee!

The Strength Circle

And if you just want the comfort of your own home to take part in some physical exercise...

<https://sworkit.com/>

<https://www.barrecore.co.uk/onlineworkouts>

<https://www.fitnessblender.com/videos>