

## Quadrant Leisure

Quadrant Leisure operate a small community gym in North Tyneside. The Qfit Gym is based within the John Willie Sam's Centre, NE23 7HS.

We deliver weekly group day time classes for adults as well as those targeting adults living with Parkinson's and those with learning disabilities.

The gym offers the usual facilities and memberships can also include up to 2 PT sessions per week

The gym is fully accessible on ground level with disabled access, parking and toilet facilities. There is equipment suitable for wheelchair users and seated adaptations.

Last updated: February 23, 2026

---

**Telephone:** 0191 250 0166

**Telephone note:** Monday to Friday 9am to 7pm

**Website:** <https://quadrantleisure.org/>

**Email:** [admin@quadrantleisure.org](mailto:admin@quadrantleisure.org)

**Facebook:** <https://www.facebook.com/quadrant.leisure>

**Youtube:** <https://youtu.be/ZMwT-aJm8hk>

**Opening Hours:** Gym Facility: Mon-Thu 8.30am to 8.30pm, Fri 8.30am to 7.30pm, Sat 9am to 1pm

**Address:**  
John Willie Sams Centre  
Market Street  
Dudley  
Newcastle upon Tyne  
NE23 7HS

---

## Related Articles

[Learning disability local support services](#)

## Autism and local support services