Forget the gym! Community exercise is the new trend.

Monday 5 January, 2015

Getting into shape is top of the resolution list for most of us in the new year – but it doesn't have to involve costly gym memberships.

We've all heard those fitness buzzwords – Zumba this, Spin that – and for some of us, the mere mention of them and the thought of having to tackle the gym steps sends a shiver down our spine.

But fear not! If you're looking to get fit in the new year, join the growing trend of community-based exercise classes. A new website, Fit2bFit.co.uk, is bringing people together with the largest database of fitness, martial arts and dance classes in one convenient place.

Community-based exercise is one of the fastest growing trends, and it goes above and beyond the traditional environment of your local gym. The loyal following these popular classes attract is increasing every day – and it's easy to see why.

"People are often embarrassed about going to the gym alone. It's a totally new environment with strict social rules and nobody wants to make a social faux pas. By exercising as part of a group such as your local boot camp, you feel like you're part of a movement, surrounding yourself with like-minded people who are all there to socialise and have fun getting fit – and you don't have to fork out the expense of a gym contract," says Mike Eley, the founder of **Fit2bFit.co.uk**.

"We passionately believe that fitness should never be far away and it is our aim to make as many different types of fitness, dance and martial arts classes available to the individual in their local area, simply by telling them about what's already out there, in addition to helping instructors identify gaps in the market and start new classes."

Studies have shown that exercising in a group helps us achieve better and longer-lasting results as it increases the chances of sticking to working out, and it increases motivation and enjoyment while doing so.

The **Fit2bFit** website has been designed for simplicity, while providing a powerful search feature that allows people to find classes by popping in their postcode or the name of their local city, with the added option of narrowing it down to desired fitness class types such as ''Pilates', 'hooping', 'kickboxing' or 'tap dance'.

-ENDS-

Press Contact:

Mike Eley

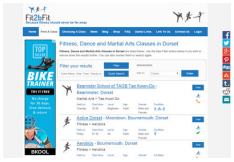
E: mike@bizgen.co.uk

T: 08454 818163

Notes to Editors:

Fit2bFit.co.uk is the UK's fastest growing directory of fitness, dance and martial arts classes held within the UK.

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