

Fitness 247 is a new event management company based in Scotland specialising in one day fitness workshops and events – www.fitness247.co.uk.

Two certified Fit Zone instructors were excited to deliver their very first master class at a recent freestyle fitness convention in Renfrew on 9 December 2007. The session was full of keen exercise enthusiasts hungry for a new class format. Positive feedback was received from class participants and fitness instructors who also attended the event were enthused by the concept.

Bev Gove, Director of Zone Fit Ltd, says “the event was great fun and gave our instructors a chance to showcase our existing choreography and test our new choreography and music.”

