

Fitness Scotland's course directors eagerly took part in a snippet of The Fit Zone™ group exercise programme at their recent standardisation day. Feedback showed that the equipment and programme were well received.

Bev Gove, Director of Zone Fit Ltd says "we were very honoured to showcase our new innovation for group exercise to the governing training body for Scotland and hope to establish a long working relationship. As a result, our 3 hour introductory workshop has been added to Fitness Scotland's course calendar, please click here for details <http://www.the-fitzone.com/workshop.php>."

