

press clip



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Fit enough for dating

MOVE over, speed dating. Forget meeting online. A new form of pairing-up is coming to Brisbane.

Called Fit2Date, it's designed to bring singles together by combining an exercise routine with romance.

Started in Sydney in July by personal trainer Erica French, the concept will be launched in Brisbane next month.

"I figured there had to be a healthier way to meet people than being in a bar drinking, but approaching your crush in a regular gym situation can be very intimidating," Ms French said.

Sixteen singles will meet once a week for four weeks for a one-hour training session.