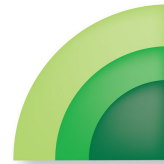




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# Hooking up in a field of dreams

## WARMING UP

WORDS: BROOKE FALVEY

**SPORTY** singles can now combine staying in shape with socialising.

Forget sleazy nightclubs or the hit-and-miss nature of online dating, Fit2Date is a new outdoor group fitness craze where participants can meet eight singles of the opposite sex.

Founded by personal trainer Erica French, Fit2Date will launch in Brisbane on March 5 in the CBD.

"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. "What better way to bond than through the shared goal of getting in shape?"

Participants in the flirtatious four-week fitness program meet once a week for a one-hour outdoor training session that incorporates teamwork, games and challenges with a firm

focus on fun.

"Don't worry if you're not super fit, the emphasis is on fun and getting to know others."

Since its launch in Sydney last July, 120 singles have taken part in the program.

There have been two relationships, lots of 'hook-ups' (which typically happen at the fourth week celebration) and countless new friendships formed. But, if you're just looking for an easy hook-up, Fit2Date is not for you.

Ms French remains very clear about her company's focus.

"Our main priority is to help our clients get fit and feel good about themselves. If they find their perfect match, then that's just the cherry on top."

For details, visit [www.fit2date.com.au](http://www.fit2date.com.au).



**EYE TO EYE:** If you're sick of looking for love in all the wrong places, try joining Fit2Date.