



## Gold Coast Panache July, 2008

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# FUN, FLIRTY FITNESS

**GOLD COAST "SINGLETONS" NO LONGER NEED TO LOOK**  
for love at sleazy nightclubs or on risky dating sites.

Fit2Date is the new fitness craze sweeping Australia that combines staying in shape with socialising, and now has groups operating here on the Gold Coast.

These fun sessions provide a great atmosphere for people to establish a genuine connection – without the pressure associated with traditional “singles” environments.

Fit2Date founder, personal trainer and head fitness flirt Erica French has enjoyed an overwhelming response since launching the unique concept in Sydney last July.

Erica said she saw the need for a program like Fit2Date when she noticed a lack of environments in which health-conscious singles could meet.

“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,” she said.

The flirtatious four week fitness program is a combination of exercise and dating. Sixteen sporty singles meet once a week for a one hour outdoor training session that incorporates teamwork, games and challenges with a firm focus on fun!

The only fitness company of its kind in the world, Fit2Date has six locations around Sydney, recently expanding to Melbourne, Brisbane, New York and now the Gold Coast.

Since its launch, over 600 singles have experienced and enjoyed the Fit2Date program, resulting in three serious relationships, an abundance of dates and countless friendships.

If you're into sport and fitness and looking for a fun and healthy way to meet new people, register for upcoming courses on the Gold Coast at [www.fit2date.com.au](http://www.fit2date.com.au) and get ready for some fun, flirty fitness!

