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Group fitness is where you train with a several other people. This could be in a gym setting or sometimes in the park. Training in the park is becoming very popular, especially if the weather isnâ€™t too bad, although people do train in the park in all weathers. The great thing about group fitness is that you can all encourage each other and help one another with the training. It is a great way to measure yourself with others and to see what you could be capable of. Of course we all are not capable of the same things necessarily but it is a great to see what other people do and what their levels of fitness are compared to yours. Also you can exchange tips and ideas with each other and generally help out in a group spirit.

Group fitness is also a great way to socialise.

When we think about getting fit, we often neglect to think about what some of the other benefits are, one of which is the social element to it. One of the reasons so many team sports are so successful is because people love the camaraderie that is involved. You would be surprised at what strong friendships and bonds are made when taking part in group fitness. Getting fit and making friends is a win win situation.

Where is a good place to go to for group fitness?

Obviously if you look in the telephone directory there are no shortage of fitness instructors, so finding the right one for you can be a bit daunting. However if you narrow that down to companies who specialise in group fitness it does become a bit easier. One company who is at the forefront of group fitness, especially in local parks is called One Element. They have regular meetings in parks which you can find out about on their very informative website at www.one-element.co.uk. When it comes to group fitness they are the forefront of their field and if you have an interst in it they should be the first place that you call.

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One-element.co.uk has the most sought after, productive group fitness classes which are carried out by fully qualified experts, and our client care is excellent. Our outdoor fitness solutions benefit everyone.

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