



It is now as easy to find an exercise class as it is to order a pizza

Find local group exercise classes in just a few clicks

Whether it's finding your local takeaway, booking a holiday or looking for insurance, websites have made it easy to get what we want quickly. However, when it comes to finding a local exercise class, where do you start? Your local leisure centre? A Facebook page? A community hall? The list could be endless. classfinder takes the hassle away from finding a class; all you need is your post code.

classfinder.org.uk is the UK's largest directory of group exercise classes. With over 40,000 classes nationwide, and the number growing weekly, classfinder is the go-to place for those looking to find a group exercise class. With over 2 million class views already and national campaigns such as This Girl Can signposting users to the site, classfinder is rapidly establishing itself as the definitive class search engine.

The classfinder homepage has four quick searches; lose weight, de-stress, over 60s and beginners. These quick searches filter matching classes in your area, so finding what you want at the touch of a button is easy.

If you're new to exercise, classfinder is especially useful; it's simple filters and display quickly show which classes are suitable for beginners. Not only that, with thousands of classes spanning across seven different disciplines (including cardio, strength and conditioning, and water workouts), you have the potential to try a different class as often as you like. Not into yoga? Try dance fitness. Not into HIIT? Try group cycling. Because there is no one size fits all class, there is something for everyone.

Starting a new, or even continuing any, fitness regime can be daunting, and you may have some questions before getting to the class. classfinder makes the experience as smooth as possible by giving you the opportunity to contact the instructor prior to the class so any fears you have about attending can be alleviated quickly.

Shelley Meyern, Head of Business Development for EMD UK (the organisation behind classfinder), said "classfinder revolutionises the way people search for group exercise classes. No longer do you have to visit two, three, four different websites before finding the class you want – an extensive list of local classes can be displayed to the user in one place. This is a great tool to reach those who don't know where to start with exercise, whether they be complete beginners or looking for a new challenge."

Izy Champion from Sport England supports this, "It's fantastic to see that EMD UK, the national governing body for group exercise, have developed classfinder to make it much easier for people to find exercise classes near them. Using open data published through the OpenActive initiative means that consumers will have access to over 40,000 exercise classes across the UK at their fingertips, taking the sector a step closer to making it as easy to book your exercise class as it is to order a take away."

To make the launch more exciting, EMD UK have teamed up with some fantastic organisations to get you moving! With generous prizes donations from Everyone Active, MoveGB and our Member brands Broga, Clubbercise, Medau Movement, Slingfit Mama, Swing Train, Twerkfit, Flowetic, KpopX, Drum n Bounce, Boogie Bounce and Beatz all giving away '000s of free activities across the country.

Every single entrant will win at least 2 prizes giving them free activity classes of their choice for them to try out group exercise classes which will hopefully engage them to become more active on a regular basis. Search 'classfinder' on Facebook and enter the competition today!

Although there are key physical benefits to attending a class, your body isn't the only thing that's working. Group exercise classes have been proven to boost your mental health and can be used as a complementary treatment for those with mild depression. Not only that, group exercise is a great place to meet new friends or hang out with your current ones. A 2015 survey^[1] found that people who attended dance fitness classes enjoyed them because they didn't need to get the moves right to have fun and the non-competitive environment made the experience enjoyable too. So, what are you waiting for?

To find your local class, visit www.classfinder.org.uk

^[1] Participant Survey 2015, EMD UK

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EMD UK is the national governing body for group exercise and works proactively to bring all aspects of the industry together to achieve its vision of... a healthier nation through exercise.

To facilitate the continued growth of the group exercise sector EMD UK provides quality training and development as well as ongoing help and advice to instructors, supporting them at every stage of their career. It also works in partnership with fitness brands to endorse and develop all forms and styles of group exercise

With funding and support from Sport England, EMD UK is committed to driving positive change within the industry and works with the public sector and organisations across the health and fitness sector to make group exercise an activity that is accessible for everyone.