

# Bournemouth & Poole College

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Bournemouth & Poole College has become the first education provider in the UK to boast an official CrossFit affiliate box.

The College has received CrossFit affiliation and now has its own CrossFit box featuring a range of equipment for the benefit of students and staff. The gym, which is based at the Bournemouth site, has been named Arbitrium CrossFit and now forms part of the Sport and Uniformed Public Services department.

CrossFit is a strength and conditioning program for fitness which involves a mix of aerobic exercise, bodyweight exercises and Olympic weightlifting techniques. The aim is for gym users to enjoy varied, high intensity activities suitable for their personal level of fitness using the provided equipment including barbells, gymnastic rings, kettlebells, rowing machines and medicine balls. There are estimated to be around 500 CrossFit gyms in the UK and more than 12,000 worldwide.

It will be used by a host of students enrolled on a range of courses within the department, including Level 1 Diploma in Sport and Physical Activity, Levels 2 and 3 School Sport Assistant Apprenticeship, and BTEC Levels 1 and 2 Diploma in Public Services.

Steve Perry, Learning Manager for Sport, Uniformed Public Services and Access, said: “We are exceptionally proud to open the first CrossFit gym within an educational facility at the Bournemouth & Poole College. We have received great feedback from the students so far, who are pleased to have access to their own CrossFit gym onsite, meaning that we can enhance the student experience, help to boost their employability and also support their health and wellbeing.

“Arbitrium CrossFit also enables students to gain the most relevant industry-level experience while studying, which they can take with them into the workplace, as CrossFit is becoming increasingly popular within the gym industry.”

Membership of the Bournemouth & Poole College’s sports facilities is available for £10 a month for students and £20 a month for staff. The College offers a range of courses including Level 2 Gym Instructor, Level 2 Studio Cycling Instructor, Level 3 Personal Trainer, Level 3 First Aid and Level 4 Strength & Conditioning.

For more information about the Arbitrium CrossFit, go to [arbitriumcrossfit.com](http://arbitriumcrossfit.com). For more information about the sports, fitness and public services courses available at Bournemouth & Poole College, go to [thecollege.co.uk](http://thecollege.co.uk) or call 01202 205205.