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## Fit Rooms

The Sports, Health and Leisure industry is growing and in Dorset alone there are more sports and fitness jobs than the national average! We offer a range of qualifications to help you into your sports career. Careers as diverse as a Fitness Instructor and Personal Trainer through to Sports Development Officer and Sports Teacher.

Training takes place in our dedicated sports facilities that includes the Fit Studio and Fit Gym.

Our facilities:

- Training equipment you would find in commercial gyms
- TRX suspension belts
- Balance boards
- Medicine balls
- Spin bikes
- Weights
- Running machines
- Rowing machines