Fareham, United Kingdom.

Future Fit and Synergy Dance® Partner to Launch Inclusive Fitness Training Programmes.

Revolutionising Wellness Education for Diverse Communities Through the Creation of Five Specialised Courses to Upskill Fitness Professionals.

Future Fit Training has partnered with Synergy Dance® to launch five new inclusive training courses, designed to transform the fitness and wellness landscape. Launching in February 2025, these innovative programmes will empower fitness professionals to deliver dance and wellness instruction tailored to mainstream and disabled communities alike.

These new courses address the growing demand for inclusive fitness education, offering specialised training in yoga, dance, seated dance, fitness, and wellness movement. By catering to diverse audiences, including visually impaired, hearing impaired, and Special Educational Needs and Disabilities (SEND) communities, this initiative ensures that wellness activities become accessible to everyone, regardless of ability.

The partnership between Future Fit and Synergy Dance® brings together expertise and cutting-edge digital solutions. Synergy Dance® 's deep experience in designing inclusive programmes combines seamlessly with Future Fit's digital learning management system 'Flex', ensuring maximum accessibility and impact for both instructors and participants.

Elaine Briggs, Chief Education and Partnership Officer at Future Fit said: "Our partnership with Synergy Dance is a natural fit for our mission of ensuring no one is left behind in accessing physical activity. By educating instructors and providing them with inclusive training, we're creating a workforce that can bring wellness activities to everyone, regardless of their abilities."

Recent research highlights a significant shortage of fitness instructors trained to work with disabilities and SEND communities, despite the rising demand for inclusive wellness programmes.

Future Fit's training programmes help bridge the shortage of qualified SEND instructors by equipping professionals with the skills and confidence to deliver inclusive, engaging, and impactful activities. Covering a wide range of disciplines—including PE, dance, fitness, and yoga—our courses provide both generic and specialist training to ensure instructors are fully prepared to support diverse needs in schools, leisure centres, universities, health clubs, and the care sector. By creating a workforce of skilled professionals, we enable organisations to offer more accessible wellness opportunities and meet the rising demand for inclusive fitness education.

To address this gap, there is an urgent need for more trained professionals - ranging from fitness instructors and personal trainers to dance teachers, sports coaches, and those in the educational and care sectors. As the Government prepares to introduce its upcoming disability strategy, now is the perfect time for fitness professionals to strengthen their expertise, prepare for new opportunities and help reduce long-term healthcare burdens by promoting physical activity as part of preventative care. Through previous classes run by Synergy, the participants have reportedly left feeling more confident to 'express themselves and communicate' and have developed a safe and encouraging environment due to the staff's knowledge.

This shortage comes at a time when levels of inactivity among individuals with long-term health conditions, disabilities, or SEN are concerning. According to the Sport England Active Lives Survey, only 45% of people in these groups meet the Chief Medical Officer's recommended activity levels, compared to 65% of the general population.

The inclusive training courses aim to meet this demand, empowering fitness professionals to support underrepresented groups and create more accessible wellness opportunities. These courses not only fill the gap in training but also promote wellness as a key component of preventative care, benefiting both individuals and the broader healthcare system.

Rachael Hurton, Director of Synergy Dance®, commented: “Synergy is incredibly proud to partner with Future Fit to drive meaningful change in fitness education. Our shared vision is not just about fitness - it’s about creating new employment opportunities, addressing gaps in delivery, and empowering underrepresented groups to enjoy the physical and mental benefits of movement. From instructors and sports coaches to physiotherapists, educators, personal trainers, and healthcare professionals, our inclusive training courses serve a variety of sectors, including leisure centres, gyms, care homes, schools, universities, charities, and hospitals.”

Chrissie Viney, Master Trainer at Synergy Dance®, added: “At Synergy, we believe expanding inclusive fitness education is key to creating a more accessible environment for all. Our partnership with Future Fit has brought this vision to life, with a course structure that covers essential knowledge and practical strategies, all aligned with the best teaching practices. Future Fit’s online platform, with its flexible format, has been invaluable for teachers, helping them advance their skills and become more confident educators in the inclusive fitness space.”

This partnership aligns with national health goals to promote active wellbeing and preventive care. By addressing the gap in inclusive fitness education, Future Fit and Synergy Dance® aims to inspire a healthier, more active society while also creating employment opportunities for fitness professionals.

Launching on 26th February 2025 the new training programmes are designed for fitness trainers, educators, and healthcare providers, equipping them with specialised skills to support diverse communities. Learn more about the available courses here: http://www.futurefit.co.uk/synergy-dance/

For media inquiries, please contact:

About Future Fit Group:
Future Fit Group encompasses various subsidiaries, all dedicated to revolutionising learning and development, driving a new era of growth and innovation. Future Fit Group is a leading provider of health and fitness education, offering accredited qualifications, professional development courses, and career support to individuals who are passionate about making a difference in the health and wellbeing industry. With an unwavering commitment to excellence and innovation, Future Fit Group equips its students and partners with the knowledge and skills needed to thrive in their careers and make a positive impact on the lives of others. For more information, visit www.wearefuturefit.co.uk

About Synergy Dance® :
Synergy Dance® offers a comprehensive range of live and online dance, yoga, and fitness workouts for all ages and abilities. Catering to juniors, teens, adults, and seniors, Synergy provides courses, clubs, workshops, digital bundles, services for Apps and inclusive training designed to be innovative and accessible to all. Synergy products and services support leisure centres, gyms, schools, universities, charities, health and physio referrals, care homes, local councils, corporations, hotels, and hospitals. Alongside mainstream exercise, Synergy delivers specialised programmes for participants with disabilities, visual impairments, the deaf community, Special Educational Needs (SEND), and Long-Term Health Conditions (LTHCs). Through Synergy Active Online™ and live classes, Synergy ensures no one is left behind, making fitness accessible to both mainstream and underrepresented communities. A multi-award-winning organization, Synergy is committed to getting everyone active with diverse options, including seated and standing workouts, high- and low-impact sessions, and tailored programmes for the elderly and those with long-term health conditions. By championing Equality, Diversity, and Inclusion, Synergy strives to make sport, dance and fitness fully inclusive, ensuring everyone - regardless of age, ability, or financial circumstances—can experience the joy of movement, well-being, and fitness.

For more information, visit: https://synergydance.co.uk/ Synergy Active Online: https://synergy-dance-online.teachable.com/