

Daniels Fitness Group puts YMCA instructor in pole position



Long established **Daniels Fitness Group (DFG)** won the race to team up with **Mercedes GP PETRONAS** at their Formula 1 operational base in Northants. Following a rigorous selection process **DFG** has been appointed to provide comprehensive wellness programme within their Health and Wellness Centre.

YMCA gym instructor, Alison Anstee, was appointed by **DFG** to take on the exciting task of running the day to day programmes for the **Mercedes GP PETRONAS** staff.

Specialising in spinning, strength conditioning and most recently 'Strike', Alison comments *"I am extremely proud to have been chosen to work here at Mercedes GP PETRONAS. It is a very exciting role as I've always had an interest in formula one. I'm really looking forward to working alongside the staff here, improving their fitness levels and engaging them in an exciting range of challenging classes."*

For more information please contact Daniels Fitness Group on 01580 200048 or visit

www.danielsfitness.co.uk