



DETERMINING WHICH KIND OF TRAINING IS RIGHT FOR YOU

Whether it's weight loss or training for a triathlon, almost everyone gets better results when they seek out help from a professional fitness coach, personal trainer, or group fitness instructor. Sifting through the various types of coaching and training can be confusing and a little intimidating but the infographic below can help you sort through all of the options to determine which is the best fit for you.

GROUP FITNESS CLASSES

- Mostly free and offered at many traditional clubs and fitness centers
- One instructor and many participants (think 15-50 people)
- Are choreographed, and revolve around a specific format the entire group follows.
- Typically set to music and the tempo is part of the formula that drives intensity.
- Can have several different formats in one class-cardio, strength and flexibility
- Zumba, step aerobics, Jazzercise, and Body Pump are examples of a group exercise classes.



PRIVATE TRAINING

- One trainer to one client.
- Great for new exercisers and those who have specific goals to be accomplished in a short time frame
- 1-2 months of private training should be enough to prepare participants to move to partner or group training in order to manage cost.



PARTNER TRAINING

- One trainer to two clients. Ideally, both clients would be of similar personality and skill level.
- Benefits to partner training are reduced cost, camaraderie, and motivation.
- An additional layer of accountability as you are much more likely to attend sessions when you know that someone else is expecting you and counting on you.



GROUP PERSONAL TRAINING

This is a great option for those who want personalized workouts and individual attention without paying the hefty price of one-on-one training. Because people tend to work a little harder in a group workout, this type of training is efficient and maximizes time and effort.

While a group exercise class looks much like choreographed group movement, a group personal training class looks like a group of people doing different exercises together at their own rate of speed, intensity, and ability. This allows for a Personal Trainer to spend ample time with each individual to provide guidance, direction, and correction and discuss success factors outside of the club like stress, food and hydration.

SMALL GROUP TRAINING

- One trainer to 3-4 clients
- Is an excellent choice for many people with fitness and weight loss goals
- Fun, intense and is a cost-effective choice as a long-term, results-driven, training option. Most clients work harder and create lasting relationships

LARGE GROUP TRAINING

- One trainer to 5-8 clients
- Tends to be high energy and encourages healthy competition leading to better results than working out alone
- Focuses on camaraderie, varied intensity, learning new movements and exercises while using new tools like Kettlebells, TRX Suspension Trainers, and dumbbells



ROCKSTAR FIT PRO TOUR

Connect with us



www.globalfit.com

