

# RAMP UP YOUR RESULTS WITH GROUP FITNESS

Getting the most out of a workout program usually means enlisting the help of a professional. Last month, we focused on the benefits of working with a personal trainer. This month, we'll shine our spotlight on personal training's best friend, group fitness classes.

Today, consumers have tons of options when considering classes. From boutique studios focusing on a particular class format like yoga, boxing or cycling to robust group fitness schedules offered in traditional gyms and clubs, more and more people are turning to group fitness classes to put the fun back into working out.

Group fitness classes are taught in a variety of formats and are ideal for people who just want to show up and have someone coach them through a challenging yet achievable workout in 60 minutes or less.

If you struggle with exercise consistency, have hit a plateau, or find yourself yawning on the treadmill, making a move to group fitness could be your ticket to seeing better results without having to put in more gym time.





# WHY GO GROUP?

## Group fitness instructors are professional change agents.

- They are expert motivators, passionate coaches, and experts at coordinating large groups to move together.
- They are happy, caring, and charismatic leaders who understand that success and results are about creating an experience that speaks to all fitness levels and inspires participants to work a little harder than they would if they were working out alone.

## Group fitness classes are the most effective and efficient way to get a full-body workout in the shortest amount of time.

- Most class formats are balanced to include cardio, strength and mind-body components.
- Group fitness instructors understand that every class will have new participants as well as those who are recovering from an injury and need lower intensity options. Good coaches typically move around the room, helping students with form, coaching higher intensity movements, while demonstrating lower impact options. They are the masters of multi-tasking!
- Classes are great for new exercisers. Someone else is responsible for choosing the exercises, providing the music, and providing step-by-step instruction. You just have to show up.

## Group fitness is great for busy people.

- A perceived lack of time is the biggest barrier to exercise adherence. And although it is true that the current pace of living is a challenge, keeping a consistent schedule is the best way to accomplish to see results and stay on track.
- A set class schedule helps create a consistent routine that is easier to start and stay with, compared to trying to create a personal workout alone
- Class formats include a warm-up, workout, and a cool-down, making classes an efficient, easy option for the even the most time-challenged folks.

## Group workouts add a social component that can support and accelerate change

- To create new habits, people have to believe that change can happen. Not only does the power of a group help people embrace change, but groups also make change easier.
- In groups, you keep going because everyone else is. The team environment within group fitness increases accountability and consistency, two key factors of successful habit formation.
- The social aspects of group fitness allow you to connect with other participants who are committed to fitness and self-improvement.



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