

IS YOUR FITNESS ROUTINE FLATLINING?

It can happen to anyone - don't let a fitness plateau wreck your progress. Whether you're a newbie or a fitness junkie, there are plenty of ways to spice up your routine and make progress. The best way to change the trajectory of a plateau is to change your routine. Joining a fitness class is an easy way to beat the boredom and take your fitness to the next level.

Reasons To Mix Up Your Fitness Routine



120 extra calories burned for every 3 lbs of muscle gained

500 Calories burned in a HIIT, Bootcamp, or Power Yoga Class

Women exercising with friends burn over 230 calories vs 195 burned in a solo session

95% of individuals in a weight loss group complete the program vs 76% doing it alone

Less than 5% of people workout 30 mins a day

You've plateaued when you're not seeing results after 2 weeks

The most common reason for quitting an exercise program is boredom

Ways to Mix Up Your Routine



CAN'T TOUCH YOUR TOES?

Increase muscle & joint mobility & flexibility to get bigger, stronger & faster

Barre

Yoga

Pilates

AVOIDING THE WEIGHT ROOM?

Heart pumping cardio paired with weights to build muscle

Bootcamp

HIIT

Cardio Muscle

FEELING BORED?

Be challenged to amp up your results and beat boredom

20/20/20

Indoor Cycling

Muscle/ Cardio Blast

WANT TO GROOVE YOUR WAY FIT?

Get the whole body moving & have fun

AquaFit

BoSu Training

Zumba

SHORT ON TIME?

Maximize your gym time and pack a full body punch

Kettlebell Conditioning

Cycle Express

Kinesis

OVER 130 CLASSES AVAILABLE AT THE

Village
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A DMB PROPERTY

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