



Let's Break it Down: Group Exercise Classes

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Corporate
Fitness
Works

Benefits of Exercising in a Group Environment



Motivation



Accountability



Inspiration



Maintain Proper Form



Allows for Social Opportunity



Makes Exercise Fun!

Types of Group Exercise Classes

- Yoga
- Pilates
- HIIT
- Circuit Training
- Spin
- Zumba
- Strength Training
- Step



Yoga

- **Yoga is an activity involving the mind and body to promote mental and physical well-being.**
- **Practice moving into different positions, challenging the bodies flexibility, and focusing on breathing and relaxing.**



Pilates

- Pilates is a form of exercise designed to improve physical strength, flexibility, and posture.
- Emphasizes core strength



HIIT

- HIIT (High Intensity Interval Training)
- This form of workout involves repeated bouts of high intensity effort followed by varied recovery times
- Ex: 30 sec work 30 sec rest, 40 sec work 20 sec rest
- Can use a variety of equipment (dumbbells, kettlebells, resistance bands)



Circuit Training

- **Circuit Training consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise. (similar to HIIT)**
- **This type of training can be used for...**
 - **injury rehabilitation programs**
 - **sports conditioning**
 - **improving cardiovascular fitness**
 - **increasing strength**
 - **losing weight**



Spin

- **Spinning or Spin classes are group exercise classes focused on resistance-based intervals, heart rate training, and sometimes getting a full-body workout.**
- **The in-person instructor at the head of the class will lead you through each interval while riding along with you.**
- **Great way to increase your heart rate and for cardiovascular endurance!**



Zumba

- Zumba is a high-energy class that is set to upbeat music and feature choreographed dance numbers. As a participant you would follow along with the instructors moves.
- Luckily, you don't need to be a great dancer to feel welcome in a Zumba class! It emphasizes moving to the music and having a good time, no rhythm required.
- By moving your entire body throughout the 60-minute class it's a full body workout!




Strength Training

- Strength training classes can be focused on certain muscle groups or be a full body workout depending on the class you are attending!
- It doesn't have to involve a lot of equipment. You can provide a group with a solid body-weight workout that will build muscular strength and endurance.
- It's great for everyone from beginner to advanced levels.



Step

- To the beat of upbeat music, step aerobics is a classic cardio workout.
- The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing and strengthen your muscles.
- Instructors will often make a “step routine” as you progress through the class!



But wait... there's
more ways to
exercise in a group?

Through Team Sports!

Examples of Recreational Team Sports

- Basketball
- Volleyball
- Soccer
- Softball/Baseball
- Field Hockey
- Lacrosse
- Ultimate Frisbee
- Flag Football



Whether it's getting involved in a new or different group exercise class or trying out a new sport with some friends, step out of your comfort zone and give one of these a try!



Questions?

References

- <https://stretchcoach.com/articles/circuit-training/>
- <https://www.webmd.com/fitness-exercise/a-z/zumba-workouts>
- <https://www.webmd.com/fitness-exercise/a-z/step-aerobics#:~:text=Step%20aerobics%20is%20a%20classic,br eathing%2C%20and%20strengthen%20your%20muscles.>