



## Want to Increase your Energy Levels? Get Yourself to a Group Exercise Class

Once upon a time, if you mentioned group exercise classes an image of legwarmers and leotards would spring to mind. After all, with 'keep fit' and jazzercise classes in the eighties, and 'aerobics' in the nineties, group exercise was one of the early popular modern fitness and exercise activities.

While fashions in exercise have changed, and we now have access to many different types of exercise modes, group exercise classes have remained a popular way to get active.

Group exercise by definition, is exercise that involves a group of participants following an instructor taking them through their paces. Whether you are looking for a high intensity class that looks more like a military boot camp, or a mind body offering to soothe the body and soul, there is a class to suit; whatever your style and level of fitness. While some classes appeal to those in the mood to dance the class away, many classes don't require coordination at all and can be adapted for individual fitness levels.

Many exercise facilities offer a range of classes big and small, with classes individualised by the club itself, or created as part of an international system. Professionally run classes are also popping up in community settings and small studios, so regardless of where you are, in a big city or small community, you will be able to find a range of classes that suit you.

The group exercise class format is great for those new to exercising as it allows you to follow the instructor and participate without having to have an in-depth knowledge of exercise technique. And for those worried about a feeling of being on 'display' - far from being watched by others, you'll find yourself being surrounded by a group of likeminded people who are enjoying themselves and are supportive of your journey.

Lis MacLeod, 2017 Exercise Industry Awards group exercise own choreography instructor of the year, and REPs registered group exercise instructor from Whangaparaoa has some advice for those new to classes. She says, "we are all nervous about something we have never done before with people we haven't met. Regardless of fitness or exercise levels, ability, and experience, everyone will have these feelings, its natural. But once the instructor comes onto the stage, all eyes are on them. The focus is on the workout, and people tend to forget their nerves and inhibitions and rise to the challenge."

A group exercise class is a great motivator to keep going and push yourself, by combining exercise with an experience. The mood and music varies and there is a motivating instructor up front to keep you smiling and moving.

Lis suggests, “as long as you are joining a reputable class with an appropriately registered instructor, then you can be assured that you will get a safe, effective, balanced workout and be able to see physical results in just a few short weeks. However, you will walk away with a prize after every class; even the first because fitness and exercise is more than just the physical. You will feel happier, partly due to the hormonal response to the exercise, as well as from having done something fun. You will sleep better after working your body in the way it was designed to, and feel less stressed as well”.

So, if you are looking for an activity fix with some company then group exercise ticks the boxes.

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### Contact details for further information about the exercise industry:

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**Exercise Association of New Zealand** - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

