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Media Release – Don't Go it Alone – Get Social and Get Moving

From: NZ Register of Exercise Professionals



## Don't Go It Alone - Get Social and Get Moving

Once upon a time, if you mentioned group exercise classes an image came to mind of a room of people jumping up and down at a fast rate. While this is still available, the group exercise options have diversified and you will now find classes that suit every shape, level, and exercise preference. This is why group exercise classes have remained a popular way to get active.

Group exercise is, by definition exercise that involves a group of participants following an instructor who leads them through a session of exercise. The variety of group exercise options is endless. While some classes appeal to those who like a dance style, many classes don't require any coordination at all and can be adapted for the participants physical activity level.

Many exercise facilities offer a range of classes big and small, with classes individualised, or created as part of an international group exercise 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 should be able to find a class that suits 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. For those worried about being on 'display' in a class, far from being watched by others, you'll find yourself surrounded by likeminded people who are enjoying themselves.

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

The great news is that you will walk away with a prize after every class, even the first, because physical activity 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 should sleep better after moving your body in the way it was designed to move and feel less stressed as well.

So, if you are looking for an activity fix with some company, then group exercise ticks the boxes. You might even make some new friends along the way.

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**NZ Register of Exercise Professionals (REPs)** - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the “warrant of fitness check” that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org)

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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.*

