

# Getting Started

a guide to your first three classes



## What is Group Active™?

Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active!



**Strength** – To increase strength, you'll utilize adjustable dumbbells to perform simple, basic exercises such as presses, curls and rows. The dumbbells allow you to pick the perfect weight to begin with, and then add more as you get stronger and stronger! You'll also work your core, tummy to most of us, to strengthen and tone your mid-section.

**Balance** – To improve balance, you'll perform dynamic and static movements so you gain a better sense of body awareness and coordination. You'll do some simple things such as raising one foot off the floor while trying to hold a smile on your face!

**Flexibility** – To improve flexibility, you'll stretch and move in ways that your body will appreciate and feel refreshed.

## What Is Involved In A Class?

Here is how you'll achieve better health in only 60 minutes:

**Cardio Fitness** - To achieve a great cardio workout, you'll utilize a 4" STEP platform to increase your heart rate. You'll be working at a walking pace so movements are very easy to follow. As you progress, you can increase your STEP platform height to work more intensely – you control how hard you work!

## Who Is Group Active For?

It's perfect for the new or infrequent exerciser since the program design incorporates all elements of fitness in just 60 minutes. No one thing is too much to handle and you will feel successful in no time as you learn the fundamentals of exercise.

Because of the program design, Group Active is a great option for the experienced exerciser who is crunched for time and wants to get it all. You can make the STEP 10" high to really get your heart pumping and add as much as 35lbs. on each dumbbell as you choose to really work those muscles!

## How Often Can You Do Group Active?

It's designed to be done 1-3 times per week. Be sure to let your body recover for at least 24 hours between classes.

## How Can You Expect To Feel?

### Before Class

You will probably feel apprehensive and nervous before your first Group Active class. None of us likes to be "new" at anything. After your first class you'll be more comfortable. It's very important to recognize that Group Active is designed for you. Instructors are trained to help you feel successful during your first class.

### During Class

The objective of the first few classes is to become familiar with the format, equipment and the terminology. You may feel awkward and even uncoordinated at times. Start with the 4" STEP platform and light weights. Be prepared to get warm and even break a sweat. As you become more confident, you'll be able to increase the intensity of the workout to suit your specific needs.

### After Class

You will feel a sense of success from getting your first class under your belt. It's important to know that you may be sore for several days. This is because your body is adjusting to the new demands being placed on your muscles, and this is perfectly normal. Enjoy the sore muscles, you earned them!

## Talk To The Instructor After Class

Remember to talk to the instructor after class. For example, let him or her know how you felt and if anything was particularly challenging for you. The instructor will then make recommendations for your next class.

There are five handouts available to help you get started and feel more comfortable. Ask your instructor for these when you're ready.

- Group Active Station Essentials
- Group Active Cardio
- Group Active Strength
- Group Active Balance
- Group Active Flexibility



## What to Wear

The most important thing to wear is comfortable workout attire. Most people wear track pants, shorts and t-shirts, while some feel more comfortable in Lycra. Also, be sure to wear comfortable athletic shoes. You should feel comfortable enough to move and sweat.

## What to Bring

Bring a towel, a water bottle and your energy. That is all you will need. Some people prefer to wear weight-training gloves, but they are certainly not essential. Wait and see how you feel after your first couple of classes before investing.

## Arrive Early

It is important to arrive 15 minutes before class to meet the instructor. During these 15 minutes, the instructor will ensure that you are comfortable during your first class and answer any questions you may have. The instructor will ask you such questions as:

- Have you ever exercised?
- Have you ever weight trained?
- Have you participated in group fitness?
- Do you have any injuries or problems that might affect your ability to participate in the class?