



Welcome to Group Exercise!

at the Forsyth County YMCA!

What you should know....

- **Everyone can take group exercise classes. Prior experience is not required.**
Some classes are more challenging than others, but ALL classes are multi-level. If you are a first time participant, just let your instructor know so he/she can give you some tips before class begins. Cross Trainers are the best shoes for most classes and you should bring a water bottle and towel to every class.
- **Set short term, attainable goals.**
If it's your first time in a step class, maybe your goal should be to keep moving for the entire cardio segment. You can pick up some basic moves from the warm-up – and repeat them throughout class when you are lost. If you are moving, you are burning fat and calories. The next time your goal may be to learn two new steps. Each time you attend class, you will find it easier to follow and you can set new challenges for yourself.
- **Everyone has to start somewhere.**
If you are a new participant in a class, and it seems as though everyone else knows what they are doing...keep in mind that at some point, they too were new. They stayed with it and that is why they look experienced. If you continue to participate, someday new folks will be looking at you thinking the same thing!
- **Don't worry about anyone else.**
There is no award ceremony at the end of the class. The reward is that you become more fit. The great news is...everyone gets the same reward! An advanced participant may need to work extra hard to increase his/her heart rate, where a novice may need to take breaks in order to make it through the entire class. At the end of the hour, both have won!
- **Talk to your instructor.**
The instructors are trained professionals and they are there to help. If you have any questions or concerns about a particular format just ask! They are always available either before or after class. They can even recommend classes if you know what you are looking for.
- **Different instructors have different styles of teaching so try a variety.**
Maybe you have always wanted to try a specific class but you did not like the instructor's music. Try a different class because each instructor has his/her own style and method of teaching. Chances are you will find the perfect class for you!
- **Try not to determine if you can participate in a class by watching it from outside the room.**
It is certainly okay to take a peek in the group fitness studio to see what is going on. The only problem is if you are watching the middle of a class it will probably look complicated. All classes start with the basics and gradually build to the more complex movements. You may have missed the breakdown where they spent time learning all of the moves. So next time grab your sneakers and join in the fun!
- **There are no "aerobic police" waiting to give you a ticket.**
No matter what class you choose to try, give yourself a break. Remember that learning something new takes time. We promise that you will not get a ticket if you make a mistake. As a matter of fact, you can learn from your mistakes and the next class will be that much easier.
- **Everyone wants you to succeed and we are all there to help!**
If you talk to other participants in the class you are sure to find many folks who had questions or concerns when they were new. Share yours with them and in addition to making friends, you will probably find yourself encouraging others as you gain experience!

We hope to see you in class!