

GROUP FITNESS CLASS TIPS FOR NEW ATTENDEES

CA's Group Fitness Program loves new participants to our wide variety of classes! Our instructors always look forward to welcoming new attendees to their classes and want to help make the experience a fun one for everyone.

If you are new to group fitness or still scoping out the group fitness scene, here are a few tips to make the most of your experience!

**Arrive 10-15
minutes early;
secure a
comfortable
spot or bike**



CA's group fitness instructors are enthusiastic and care about all of their class participants, but they especially love new attendees! Be sure to introduce yourself to your instructor and let him/her know this is your first class. The instructor will take the time to help you set-up any equipment (if required) and give you an overview of the class experience. This is also a perfect opportunity for you to ask any questions! A middle spot will allow you to see the instructor, but also take cues from your fellow classmates in the front row who may take class regularly and understand the class routine.

**CA will provide
most everything
you need for class**



CA provides towels, mats, weights and more. However, if you prefer to bring your own yoga mat (for yoga classes), you are welcome to do so.

Bring a water bottle



Although cups and filtered water are offered at all of CA's facilities, we encourage you to bring a reusable water bottle to fill up and have handy during your class. You will most likely sweat (at least we hope so!) and we encourage you to stay hydrated and refreshed during any class you take.

Go at your own pace



Don't worry if you can't keep up with the other participants! It's important to listen to your body and take the time to learn the ropes. The more regularly you attend, the easier it will become. If you need a break, take it! Our instructors have your best interest in mind and want you to do what feels good for your body. If your body is saying "no more," then listen and respond to your needs.

**Turn your cell
phone to silent**



Regardless of the class you take, we encourage you to use the time to focus on your workout. While in class you can relieve stress and forget about all the things you need to do!

**Listen and watch
your instructor
with purpose**



Your instructor will give cues and modifications to help you be safe and effective. CA has many instructors. All instructors have national certifications and many have extensive experience teaching. If you don't gel with a specific class or instructor, we encourage you to try a new instructor/different class. CA offers an extensive listing of classes which allows you to find the right classes that fit your interests and schedule.

Be open minded



As a new participant, it may feel strange or awkward as you adjust to a new class format. That is normal! We hope you will be a repeat customer and take classes again and again. The more classes you take, the more you will understand the routine and the moves will be familiar. Before you know it, you will be an experienced group fitness class participant helping someone who is brand new!

If you are struggling to find the right class or instructor, or have any questions, please reach out to us at Group.Fitness@ColumbiaAssociation.org. We are happy to help point you in the right direction!