

# New group fitness classes offer opportunity

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## **New group fitness classes offer support, opportunity**

Dec. 21, 2009 -- Why attend a group fitness class? Because we all need support and motivation. Nearly every one around you has a common goal to live an enjoyable life. Being fit is a stepping-stone to reaching our full potential, be it mentally, physically, academically or spiritually. And yet the years go by and we find ourselves stuck in a routine where it is just easier to work at the computer than change, get all sweaty and have to shower.

In October, MWR initiated various classes designed to help the War College Community have fun while improving fitness levels. Maybe it is the word "class" that seems to put a damper on desiring to attend Indoor Cycling, Pilates, or Zumba. Or if you are military, visions of having to do push-ups and sit-ups over and over again haunt any impression of a group fitness class. I totally understand.

Maybe it was turning 40, or the fact the local gym was offering a January membership promotion, or that my spouse told me I could not hang in an Indoor Cycling class (I thought indoor cycling was for wimps). Whatever the reason, on New Year's Day 2008 I attended my first group exercise Indoor Cycling class. And then ventured into Pilates. Then an Aerobics Class, half expecting to see Richard Simmons as the instructor.

I have to say that Group Exercise Classes have come a long way since the 1980s. Cardio classes offer more than running in place to "Maniac." Strength training involves all muscle groups, targeting your core and back. And if you are after burning fat, then Indoor Cycling is the perfect way to increase your cardio and minimize any type of knee or back injury.

And if you really want a workout "outside the box," then no words can explain the experience of a Zumba party. After getting kicked out of ballet class in first grade, I've avoided anything that relates to dancing. So with great trepidation I attended an October Zumba workout. Now I'm hooked and noticed the spare tire around the waist, even though I ate all the M&Ms out of the kids' trick 'r treat bags, has diminished.

Often, we hit fitness plateaus. It's like Groundhog Day for the body if all we do is the elliptical, run and focus on push-ups. The body adapts. Fitness classes introduce the body to new challenges, new exercises and new abilities.

If you've read this far, then I invite you to join me, Dana and Regina for a workout in January. For the first two weeks, MWR is offering free group classes.

Check out the calendar online in the Banner or stop by Root Hall or Thorpe gym for a schedule, then pencil a class into your calendar. I promise you'll have fun and meet others who will be encouraging and supportive in your fitness endeavor. All fitness levels are welcome and accommodated.

