

# Getting Started

a guide to your first three classes

**Super** for Women  
**Shapes**

## What is Group Fitness?

Group Fitness at Super Shapes is a mix of uncomplicated and addictively enjoyable exercise classes. Each class format retains the essence of great exercise and adds fun and athletic movements with huge amounts of spunk, personality, instructor motivation and coaching, driving music and great training principles. What rocks your world? Compelling cardio fitness, strength conditioning, shaping and toning, stretching and flexibility?

**Super Shapes** Group Fitness shapes and tones the legs, improves coordination, bone density, posture and agility.



## What to Wear

The most important thing to wear is comfortable workout attire. Most people wear track pants, shorts and t-shirts, while some are more comfortable in Lycra. Most importantly, be free to move and comfortable to sweat. There is a lot of lateral movement in most classes, so cross training shoes are recommended as they provide the necessary lateral support.

## What to Bring

Bring your energy, a towel, a water bottle, and your personal exercise mat.

## Arrive 15 Minutes 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 also ask you questions such as:

- Have you ever exercised? In a group?
- Any injuries or problems that might affect your ability to do the class?

## How You Might Feel

### Before Class

It is perfectly normal to feel apprehensive and nervous before your first GROUP class. Typically, adults do not like to be “new” at something and they have high expectations for their first performance. Even if you have participated in other workouts before this class, you may be wondering how each class is different.

Because there is equipment used during most class formats, it is especially important to acknowledge that you may feel like a fish out of water at first. Group Fitness at **Super Shapes** has an amazing potential to become an addictive workout once you have done it a few times. However, some of the programs can have a slightly steeper learning curve than other programs. It is important to remember that everyone in class, even the instructor, did their first class at one time or another. It is crucial that you try to avoid making a decision about continuing a particular class format until you have tried about 3-4 classes. Also, be aware of the fact that you might not catch onto 100% of the class the first few times.

### During Class

Time will fly. You might have mixed emotions. You will probably be excited and apprehensive at the same time. Just go with it. Remind yourself that you are new and that you have to start somewhere. It might seem like the class is moving a little faster than you would like, but that is only because the terminology and movements are somewhat unfamiliar. With each class, you will become a little bit more comfortable and a little more focused on the workout.

**Over-heating** is a common problem with a brand new exercise regimen. You may not feel hot, but symptoms generally include mild nausea, light-headedness, and rapid fatigue without noticeable perspiration. These are rarely serious and disappear completely by your second or third workout. Your body's cooling mechanism simply gets caught off guard and is unable to perspire quickly enough to cool you off as you burn calories. As soon as you notice these symptoms, stop exercise immediately and notify your instructor or staff member. Sit down or lie down in a cool place with a light fan and moist towel to help cool you off. Sip cool water intermittently. Even if the symptoms pass quickly continue resting for at least ten minutes or until the symptoms pass completely. **Do not** resume your exercise for at least 24 hours – you read that right. Give your body plenty of time to recover. You will get 'em next time, Tiger!

## After Class

You will be excited to get your first class under your belt, and will hopefully be looking forward to your next class. **Know that you will be sore.** With any new workout or at the start of any exercise program, you experience muscle soreness. This is due to an unaccustomed demand on your muscles. Muscle soreness, in simple terms, is your body adapting to a new experience.

Extreme muscle soreness can easily turn you off exercise. For this reason, it is crucial to gradually build up your workouts. Nothing will be gained by trying to perform at the level of a worldclass athlete right from the start!

Everyone is different in terms of where they experience the most muscle soreness. It really depends on what exercises you have done in the past. Often times, people are the sorest on the second day after they exercise.

If you experience anything that seems like an injury, rather than muscle soreness, please consult the instructor after the class. It may be a technique error or alternatively, if it is a pre-existing condition, the instructor can help you with an alternative exercise.

## When To Do Your Next Class

Many cardio and stretching classes can be done as much as you like and we encourage you to attend a mix of different formats to suit your schedule and your goals. It is important, however, that you gradually build a regular class schedule. During your first four weeks, we recommend you do no more than three classes per week. You should always limit strength training classes, like BODYPUMP, to only two to three times per week.

## Where To Stand

The best place to stand is within clear view of the instructor. It is not necessary to be at the front, but try to be in the center of the room if you are new.

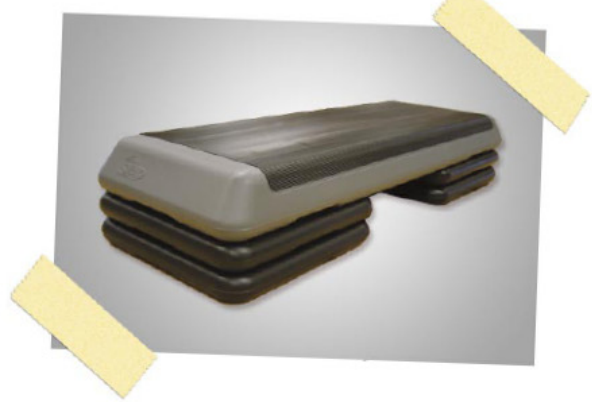
## A Note about Mirrors

While older, outdated group fitness programs may still utilize mirrors in class, the consensus among modern, knowledgeable fitness centers is that, in a group exercise environment, at least, mirrors are riveting and distracting and most often relay unnecessary or counterproductive information. It is essential, rather, that you concentrate your full attention on the instructor. He or she is the best source of visual technique information, cueing and coaching. Mirrors might tell you that you look silly doing the class, even though you might be having fun.

**Super Shapes** is committed to intelligent and effective design principles and eliminating mirrors in the group fitness room.

## What You Need for Class

When you first walk into the room, you will sense a bit of mayhem and it will seem like everybody knows what to do, except for you. That too, is perfectly normal. Everybody is responsible for setting up his or her own equipment for the class. If you are unsure what equipment you will need or how to set up, don't hesitate to ask your instructor, one of our friendly staff, or your classmates! Just make sure you leave yourself ample room to move.



## Your First Three Classes

It is good to attend your first couple of classes with the simple objectives of learning the movements, the class format and the basic terminology used. Try not to concentrate so much on the quality of your workout; that will come later as you become more familiar with the movements.

In your first three classes, simply concentrate on the names and purposes of the moves. Foot placement is one of the key things to learn so that you move safely. Always concentrate first on form and footwork.

The instructor will be facing you, so if that creates any confusion at any time, keep your eyes on the feet and positioning of the people in front of you.

## 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.

Most of all have fun during your first **Super Shapes** Group Fitness experience!

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