



AFLCA

Fresh Fitness for Fall

AFLCA Staff and contributing AFLCA Trainers/Leaders

With cooler days and longer nights fast approaching, people will soon be heading indoors looking for fun, interesting ways to stay active and improve their fitness. Regular exercisers will also return to their fitness facilities as the weather turns, and although they may be veterans to fitness classes, they also want some new, energizing ways to keep fit over the fall and winter months.

So how do we keep our classes fresh? How do we attract new participants or entice the regulars into our facilities? We went straight to the source and asked some AFLCA leaders to share their ideas.

Fresh Ideas for Step Classes from Robin O'Grady, Group Exercise Leader

Don't be shy to introduce new choreography! Try one or two moves at a time so you and your members aren't overwhelmed. You can find new, creative ideas at local conferences or by attending other classes in your area.

Play with the orientation of your step. Try teaching a class with the step vertical instead of horizontal. Another fun way is to line the steps up in rows and choreograph so the members share each others' steps.

Change your teaching position. If you are in a room with no stage try teaching on the opposite wall from your usual position, everyone (including you) will have to work hard mentally to adjust to this and that adds to the fun and challenge of your class. If you have a stage, move to the floor at intervals to motivate within the group.

Create a core-based class using choreography that requires controlled twists and balance. This is a great way to introduce standing core and educate your clients on the functionality of your core as a whole.

Play with the format (within your club's allowances) of your classes. If it is a step/tone class, try teaching a combo and then a conditioning interval followed by another combo, and so on. Or teach all the cardio straight through and do the toning section at the end. If it is purely step, try adding cardio intervals or choreographed cardio intervals in between your combos.

Fresh Ideas for Portable Equipment Classes from Jessica Power Cyr, AFLCA Trainer

We often offer too much in our equipment-based classes and end up looking disorganized. Participants like to know what to expect and feel they had a challenging workout. How do you find that perfect balance? My belief is that less is more!

Follow these two steps to keep your portable equipment classes fresh!

Step 1: Set a monthly theme

- The monthly theme should be the workout.
- What is your goal for the workout?
- Do each exercise once in Set 1 until all the exercises are done and then start Set two.

Step 2: Choose a weekly modality

- Only choose one or two types of modality

WEEK	EQUIPMENT
WEEK 1	BOSU BALANCE TRAINER
WEEK 2	BOSU BALLAST BALL
WEEK 3	GLIDING DISK
WEEK 4	STEP TRAINER

ties per class, that is, the equipment

- Try to choose exercises that can easily be done on each piece of equipment. A squat standing on the BOSU Balance Trainer will feel significantly different than a wall squat with the BOSU Ballast Ball in your lower back.

Why it works

- Easy set up and clean up. Participants need only one or two items for class.
- They know what to expect for the whole month.

- They get a really challenging workout each week because the equipment changes, but they know the exercises so they can push harder each week.



- They are set up for success.
- You look really organized!

Fresh Ideas for Cycle Classes from Lisa A. Workman, AFLCA Trainer, CSEP-CEP

Hire a DJ. Wouldn't you love to have someone make you an indoor-cycling music mix? You might not be able to afford a DJ, but maybe your DJ is your teenager with his or her iPod. You might be surprised at how your class responds to music that's different from what you'd normally choose!

Borrow something from another form of group exercise and incorporate it into your class. Consider using, for example, yoga class philosophy to focus your class. Inspirational quotes can be shared with participants at the beginning and end of class. Try a book like *Zen and the Art of Happiness* by Chris Prentiss for suitable quotes.

Change up the bike orientation. Consider set-up such as pairs, small groups, or one large circle and put together some drills that work off the layout. Nothing beats the expression on participants' faces when they walk into a studio to find the room completely different.

Share your knowledge of the training benefits of your planned workout. For example, over the course of several classes participants should expect decreased resting heart rate. Participants

have many reasons to attend your class (for example, social time with friends, stress relief), so why not share with them the physiological benefits of your class? Give them more reasons to attend your fantastic class and keep coming back!

How can you incorporate play into your classes? As adults we lose our sense of play. How about adding props such as a squishy ball or fun games such as one of my favourites, “Lisa Says” (a spin-off of Simon Says)? Connect your participants with the sense of play and they will come to your class for the fun of it!

Looking for more ways to freshen up your indoor cycling classes? Check out Lisa’s Cycle Drills and Skills blog at www.lisaworkman.com/cycle-drills-blog.html

Fresh Ideas for AquaFitness Classes from Patty Grant, AFLCA Assistant Trainer, and Cindy Walker, Barb Waskiewicz, Kristin Brown-Schoepp, Lynn Catheart, and Monica Zyla, Aquatic Leaders, City of Calgary

Workout your participants’ brains! Get your participants involved by seeing how many moves they remember. Start with one and then keep adding moves. Involve them by asking them to remember the moves that they picked.

Involve your class. Involve and engage your classes by asking for their input in the class design. Some examples include “Pick your favourite move,” “Choose a class theme” or “Pick your favourite piece of equipment.”

Visit other instructors’ classes. Check out other instructors’ classes to get new ideas, be inspired, and enjoy your own workout!

Search reputable YouTube videos. There are several reputable videos on YouTube that will give you tons of new ideas when you are feeling like you need some refreshing. Use your knowledge as a certified leader to discern which videos are useful and then give them a try yourself before teaching them to your classes.

Change your music. Chances are they won’t notice as much, but you sure will. Music inspires and motivates not only your participants, but you as well.

Choose a theme! For a class or a session, choose a theme to change things up. Circuits, intervals, strength, mind/body/spirit, endurance, equipment-based, wall workout, dance, sports

specific, postural, travelling or stationary, cultural, repeaters, and so on. The possibilities are endless.

Add some friendly competition. Add some friendly competition, not against each other but against oneself. For example, try to see if participants can travel further doing a specific move or try increasing the speed of the intervals.

Keep a journal or an idea binder. Keep a binder or a journal of all the great ideas you have obtained from other instructors, conferences, workshops, videos, and so on.

Get in and play! One of the best ways to stay fresh is to get into the water and PLAY! Take one move like a jack or a ski and challenge yourself to see how many different ways you can change it. Or grab a piece of equipment and try working with all of the different planes of motion to create new workouts.

Try mime. Marcel Marceau was one of the most famous mime artists of all time. Mimes are comical yet can be serious and are very entertaining. Challenge yourself not to speak and instead use mime. No need for makeup, just make up your own non-verbal cues and you will find your classes entertained while you save your voice!

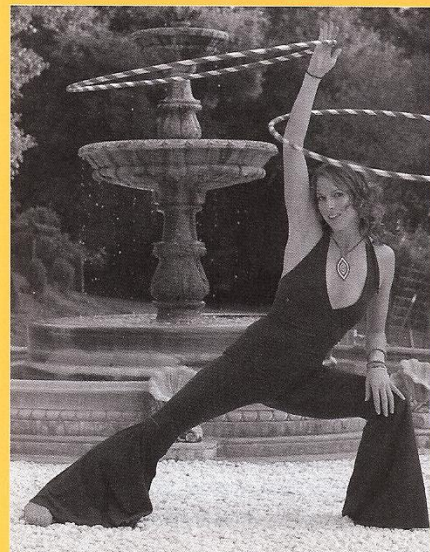
Try some of these new, fresh ideas and see how your participants respond. Don’t be afraid to try something new in your classes—change is good, and fun! And fall classes can mean lots of new faces, so who better to try out your new moves on?

Favourite Exercise: Hooping Anyone?

In our last AFLCA e-newsletter, we asked you to send in your favourite exercise. Amanda Syryda sent us the following great idea!

“Hoop dance, also known as hooping, is exercising with a handmade, adult hula hoop. It’s bigger in diameter and heavier than the regular kids’ store-bought hoops. Adults need a bigger hoop because our bodies are bigger than a child’s. The larger the diameter of the hoop the easier it is for a beginner hooper because the hoop moves more slowly around the body. While hooping all over the body, including the waist, arms, legs and chest, you get a cardiovascular workout, increase flexibility, balance, hand-eye coordination, and build

muscle! Hoop dance definitely takes the work out of your workout, making getting fit FUN!”



- Amanda Syryda, AFLCA Group Exercise Fitness Instructor