

## The Next Generation In Group Training

Move over Richard Simmons! Gone are 1970's and 80's that spawned the era of group "aerobics". (I have to break out my leg warmers just to type the word.) "Aerobics" meaning, high impact, freestyle dance ala Jane Fonda, is about 30 or so minutes of cardio, followed by 30 minutes of calisthenics for toning. Unfortunately, day after day of aerobics left alot of exercise enthusiasts with overuse injuries especially in the knee; Thus the birth of "low impact aerobics." Jump to 1989 when step aerobics made its debut. Step was created by Gin Mlller who invented it to work around her own knee injury.

In the 2000's aerobics became "group fitness". The name changed because these classes had become so much more than "aerobics" classes. Instructors began to use interval type training taking the heart rate up into its anaerobic zone mixed with intervals at a lower heart rate. The goal of this was to push the participants to burn more calories and to increase cardiovascular fitness. Instructors started using barbells and dumbbells then incorporated medicine balls, jump ropes, resistance bands, rope ladders, you name it! There is now kickboxing, kettlebell only classes, stability ball classes, water aerobics, yogaloties, core conditioning, suspension training and boot camps out there! Such classes have or will infiltrate most workout facilities large and small...and for good, no great reason. **These classes compliment one-on-one training perfectly!** Group training should build upon strength and proper form learned through personal training. In 2009, now thirty years later, group training is stronger than ever... though there is nothing "low impact" about it!

Today many group classes are rounding out or fulfilling recommended daily exercise requirements for every population; Grabbing extra attention of late are youth or senior group classes. No matter what your fitness goal is, group exercise appeals to the masses for reasons including shared costs and the opportunity to exercise with family and friends. Increased demands on time make group exercise a great activity for families with children who are too sedentary as well as friends who wouldn't ordinarily have time to see each other on a weekly basis. Plus, a little dose of friendly competition never hurt anyone! So if taking classes intrigues you or is one of the only things that gets you moving then as Nike says...just do it! Be sure to look out for what the American College of Sports Medicine ([ACSM](#)) predicts as the top ten group fitness trends for 2009:

1. Educated and experienced fitness professionals
2. Children and obesity
3. Personal training
4. Strength training
5. Core training
6. Special fitness programs for older adults
7. Pilates/Yoga
8. Stability ball training
9. Sport-specific training
10. Balance training (i.e. functional fitness)