

Fitness Trend: Get Motivated in Group Classes



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The catalyst for change is often due to a new year approaching and a little thing called New Year's resolutions, a tradition in which millions of people take stock in their lives to make positive changes. An example is making the decision to get in better shape through exercise. But, we know that it's easier said than done. We can all relate to the promise we make at the beginning of the new year. An excellent way to motivate yourself to stick to your fitness-related resolution is by joining a group class. Group fitness classes have many benefits such as structure, motivation, proper form, and variety. Cupid has some [fitness tips](#) on what classes you should take this coming year.

Fitness Trend: Check out our top five favorite group fitness classes!

1. Cardio classes (The Art of Strength): This is a circuit of strength-based exercises using kettlebells, logs, and ropes. Twenty-second micro-sets are followed by one-minute rest periods. It's intervals at their finest.

Related Link: [Product Review: A Runner's Essential Product Guide](#)

2. Pilates: What you should expect is a traditional core-building Pilates exercise with arm and leg work courtesy of a wall unit and a magic circle.

Related Link: [Hack Your Way to Frugal Fitness Workouts with These Tips](#)

3. Dance classes (Ballet): Class starts with a gentle barre warm-up, but quickly progresses to long, brain-teasing movement phrases with challenging footwork and lots of weight and direction changes.

4. Martial arts classes (Kick Boxing): Boxing improves coordination helping to burn calories and boost your energy. It's a form of martial art that combines boxing with old-school cardio stunts like jump roping and jogging with muscles building ab work.

5. Yoga classes: Yoga focuses on using postures to build balance, strength, and flexibility. What you should expect are some yoga poses and other spine-expanding moves.

What are some group fitness classes to start of the new year right? Share your thoughts below.