



# Health & Wellness

By Chris Stevenson

## Fitness Can Be "CLASSY!"

Hey all, it's the Boss of Fitness, back with another article to help keep all of you empowered and educated in the confusing world of health and wellness. Let's talk about how fitness can be CLASSY. Fitness classes are very popular and for good reason. They generally offer a combination of cardiovascular and strength activities. Being in a group environment keeps people motivated. Since there is such a class variety, you can constantly mix it up, and variety of exercise is a key component for helping people avoid as well as break through exercise plateaus. Here are some quick explanations and benefits of some of the more popular classes available in the area. You can use this glossary to help you choose which class will suit you best!

**Cardio Kickboxing** - Challenging! This martial arts-based class is a high intensity, high impact, full body workout. Plan on lots of sweat and high caloric burn! Advanced kickboxing classes take a decent amount of rhythm, and move at a fast pace. "Newbies" need to ease into this or find a beginning or intro-type class. It is a challenge, but the results are huge.

**Barre Core** - Lean! This is ballet, dance-based class. It is a lot of volume (reps) and uses props such as dumbbells, bands and bars. You get a lot of "burn" without a lot of impact, so you are 'beat' but not 'beat up!' This class is a great combination of cardio, core, strength and stretching.

**Bootcamp** - Strong! Bootcamp classes can vary, but are usually a well-rounded mix of calisthenics, cardio intervals and strength training. The difficulty level can change based upon the instructor's expertise and preferences. It is a great class for people of

all fitness levels because it is not rhythm-based, and it is easy to take breaks and/or pace yourself. Definitely a class that as your fitness level improves, you can put more into and get more out of it.

**Zumba** - FUN! This is a great class for people of all fitness levels and ages. It is a low-impact, non-stop energizing calorie burn. It does take a little bit of rhythm to do, but the choreography is fun and easy enough to pick up fairly quickly. The hour flies by and you sweat your butt off and burn a good amount of calories.

**Yoga** - Chill! Although yoga has many different levels, it is consistently a good workout of the mind and body. It can be slow-paced, and is great for posture, core and flexibility. You are in control of many stationary body positions, making it very easy to work at your own level. Don't be fooled, however, by its calming atmosphere, you will feel it for days afterward!

So use these descriptions to help select the class that is right for you. Or better yet, let these descriptions prepare you for what you're getting into, and try them all. The more you mix it up, the better your results. Plus, with variation, you will avoid plateaus and boredom! So head to "Your Gym," and take a class today!

Chris Stevenson C.S.C.S. Stevenson Fitness  
www.stevensonfitness.com 818-707-0123