

SPOTLIGHT: GROUP ACTIVE

Group Active® is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. **ACTIVATE YOUR LIFE!**

WHY CHOOSE GROUP ACTIVE?



COMPLETE CARDIO + STRENGTH WORKOUT

Group Active gives participants all the training they need in just one hour. The workout combines 20 minutes of cardio with 20 minutes of strength training, plus additional phases of balance and flexibility work. The cardio portion of the workout is programmed with simple, athletic movements that use The STEP as a training tool. The strength-training work utilizes adjustable dumbbells, handheld weight plates, and bodyweight exercises. At the end of 60 minutes, everyone finishes feeling like they have gotten the most comprehensive workout possible from Group Active!



MOVEMENT HEALTH PROGRAM

One of the goals of Group Active is to improve participants' movement health. The program is designed to help participants move better throughout their everyday lives. This is accomplished through cardio exercises in multiple directions, strength training in all three planes of motion, and sequences that teach participants body awareness and movement confidence. By combining unloaded (bodyweight) cardio training with three-dimensional strength training (made easier by using dumbbells), Group Active offers one of the most balanced exercise programs on the market.



PERFECT FOR NEW EXERCISERS

With basic cardio and strength training combined, Group Active is the perfect starting point for new exercisers or deconditioned participants. While Group Active can provide an athletic challenge for exercisers of all levels, the programming pays particular attention to entry-level participants. That means nobody feels left behind just because it's his or her first time (and experienced participants can always step higher or lift heavier). Because it is a combination of training styles, the workout is less overwhelming for new exercisers and time seems to pass more quickly for them. Even the instructors are expertly trained to teach to a roomful of participants with a mixed level of experience, all the while ensuring that new people feel welcome and successful. Group Active is the perfect program for you to place new members who are looking for a way to get started on their fitness journey.



OPTIONS FOR EVERY LEVEL

Because this program caters to entry-level participants, instructors are trained to offer low-intensity options for individual movements. On the other end of the spectrum, instructors also learn high-intensity options because there are many experienced exercisers who enjoy the athletic, all-in-one design of Group Active. While a new participant might do the workout using only The STEP platform for the cardio portion and extra-small dumbbells for strength training, an experienced exerciser can add two risers and use large dumbbell weights to really increase the intensity.



SERVES AS A "FEEDER" PROGRAM

Group Active helps increase group fitness participation across the board because it prepares members to participate in more specialized workouts, such as Group Blast and Group Power.



MUSIC WITH BROAD APPEAL

The Group Active playlist has something for everyone. This means a variety of musical genres and decades. Rather than relying on one type of music, Group Active caters to a mix of musical tastes in order to appeal to a wide and diverse audience of participants. Every playlist is market tested in real classes at real fitness facilities, so the final product is ideal for the Group Active demographic.