



GROUP FITNESS CLASS

Introduction

All Things Fitness is offering a group fitness class every Tuesday evening, barring cancelations, at the low price of \$15/class (See time/location below). Additional classes could potentially be added in the future. The purpose of this class is to get people moving and create a desire to be active. Since we are training in a group setting, my attention will be on our success as a group. If you are seeking one-on-one training with a goal of achieving specific results, my Personal Training services would better suit you and we can discuss alternatives.

Class Breakdown

Breakdown (Duration:25-30min)

- The class is designed for all people. It can be completed at your own pace.
- The goal of the class is to get people moving!
- Will primarily consist of exercises that involve body weight cardio-style movements.
- The class design varies from week to week in terms of exercises. Can consist of: Standing, Seated, and/or floor exercises.
- If a specific exercise is not doable, accommodations can be made by substituting the exercise.
- We will always start with a warm-up routine and finish with a cool down routine.

Breakdown

Warm-Up (5-7 min)

Workout (15 min)

Cool Down (5-7 min)

- No Equipment Necessary
- Yoga Mats & Water Bottles are welcome.

Location/Class Times

Location: 477 North Scott Street, New Carlisle, OH

Class time(s):

Class #1: 6:00 p.m.

- I ask if you are planning to attend class, please arrive 5-10 minutes early.

Payment

The cost of attending the class will be \$15/class. I ask that you pay prior to the start of class. Advanced payments for multiple classes are also accepted. Payment through allthingsfit.org is acceptable. I also accept the following forms of payment:

- Cash
- Check
- Cash App
- Facebook Pay

Health Concerns

If you have any medical conditions or are concerned about your health in any way, please get approval from your doctor before participating/returning.

Waivers

I will require you to sign a Liability Waiver before participation in any fitness class. These will be available to print off. They will be under the “Waiver” tab in the “Group Fitness” drop down menu. There will also be copies available in person.