

Say
The workout is actually
good
Guys more motivated to
workout alone
The atmosphere of more
females is great

Do
Trying difficult classes
benefits from great
workout
Meeting people



Feel
Unashamed
Getting more holistic
workout
Comfortable and
confident in self

Think
Group Fitness is almost a
misnomer
The stigmas are mostly
mental
Workout are just as good, If
not better than working out
alone