

## The Best Things About Group Exercise

Everyone feels better when they're in great shape. This is as true for the pro athlete who's just had a holiday, as it is for the person who's never worked out before and just wants to drop a few pounds. Setting yourself a fitness goal and pushing towards greater stamina and strength rewards you with solid benefits right now, benefits you can feel, see and touch, on the most vital thing you'll ever own. Your body.

We all know there are good and bad ways to achieve a desired result. And group exercise has been scientifically shown to be superior to working out alone [not to mention more fun]. Here are some of the main perks of group workouts . .

- Many professionally established group fitness programs already exist.
- Like aerobics, spin class, Pilates, Yoga, MMA, dance, and many more.
- They usually have a tried and tested path to Your fitness goals.
- And you don't need previous experience to start.
- Learning new techniques maintains your mental edge.
- And gives you a great place to build from.
- You'll learn faster than going it alone.
- Group training exposes you to a positive social environment.

Lastly, boredom is a common reason for quitting a new fitness routine, and this drop off is greatly reduced in group workouts. Not to mention the social benefits, which include camaraderie, group motivation, fun and even some friendly competition. Thanks for reading, and good luck with your fitness goals!