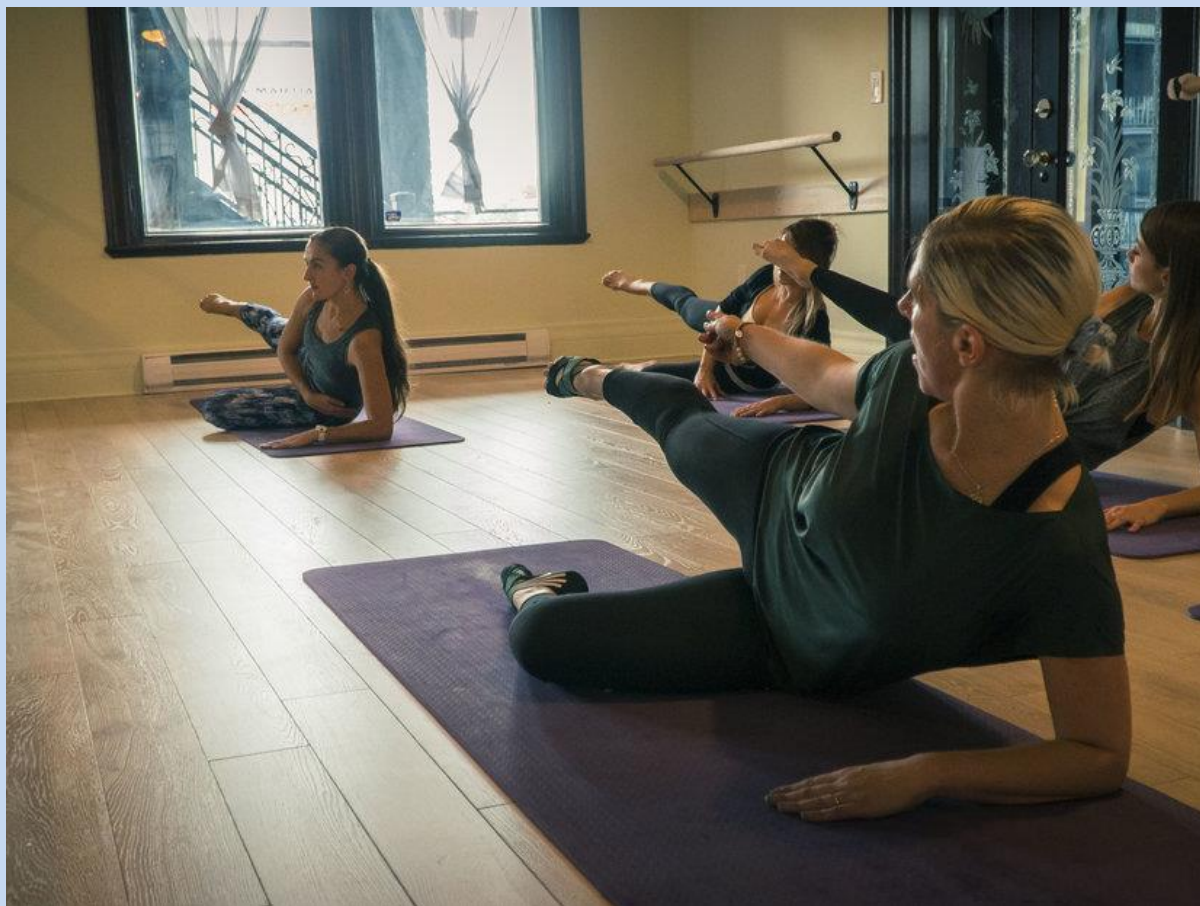


How to Choose the Right Fitness Class?

Taking up a fitness class can be a great way to achieve your fitness goals and with a host of classes available at most gyms and leisure centers, there is a fitness class for everyone. The following article explains some of the most popular fitness classes in greater detail, and the various benefits this entails.



What are your goals?

In choosing the right fitness class, the first stage is to establish what it is exactly that you are looking to achieve. The following are just some of the common goals of [fitness classes Jean-Talon](#) and the right activities to choose to achieve them.

Do you want to lose weight?

To get in shape and shed any extra pounds, step aerobics **fitness classes Jean-Talon** are a great way. Most classes center on an aerobics step, from which almost all of the class exercises are based. Participants can increase the intensity of their workout by adding lifts under the step, making it higher from the ground and thus more difficult to jump or step onto

and over. Making this type of fitness class is great for beginners because the moves are generally quite basic.

Do you want to increase endurance and cardiovascular fitness?

Kickboxing and other martial arts are a great form of intense cardiovascular exercise and also helps to define muscles. Martial arts **fitness classes in Montreal** are generally non-stop, high-intensity cardio exercises. Participants are kicking their legs, punching and jabbing their arms, whilst at the same time, working the abs and buttocks without even realizing it. The combination of arms and legs constantly moving creates an effective high-intensity cardiovascular workout. Going to a martial arts fitness class like kickboxing once or twice a week will, no doubt, increase your cardiovascular endurance and help you to lose weight.



Do you want to increase core strength or flexibility?

To increase core strength and flexibility, **cheap fitness classes in NYC** such as yoga and pilates are highly recommended. Yoga is a practice that concerns breathing and stretching into and holding poses, increasing flexibility and muscle strength. Most classes offer a variety of levels to accommodate first-timers through to advanced participants.

Pilates is a practice that focuses again on breathing (though the breathing is different from that of yoga) and core strengthening. Pilate's **new fitness classes in NYC** generally focus on strengthening the abdominal, back, buttock, and arm muscles using only the weight of the body.

Do you want to tone and define muscles?

Circuit fitness classes, where cardio exercise and weight lifting are combined, are a great way to tone and define muscles. Most of these [fitness classes Montreal](#) combine basic aerobic steps with the use of free weights to built up muscles while you work up a sweat. Since free weights are used, participants can choose the level of development and toning they wish to achieve. There is a limited amount of time spent performing each exercise, before moving onto the next one, so this is a great way of burning lots of calories, and getting fit relatively quickly.