

Getting Started

a guide to your first three classes



What is Group Step?

Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.



What is Involved in a Class?

Group Step utilizes the step as an effective training tool and encourages self-regulated progression by changing step heights. Athletic movements are set to emotive music, creating a simple, fun and effective way to cardio train and strengthen the lower body all within a group environment. The class starts with a fun warm-up, followed by eight songs with specific training objectives, and ends with a well-earned stretch.

Who is Group Step For?

- Group Step is for anyone who wants an energetic, exciting and results-oriented step workout.
- New exercisers will appreciate the many options available in Group Step. From step height to movement variations, the intensity is up to you!
- Group Step is great for cross training or for those who would like to add variety to their routine.
- Group Step will appeal to both the experienced and new stepper because it is less complex than many step classes in recent years. We've taken out the fancy stuff and put back the fun!

How Often Can You do Group Step?

Because Group Step is a cardiovascular training class you can do it once a week in addition to other workouts or you can do it everyday.

As a beginner, you wouldn't want to do too much too soon, but as your fitness level and recovery improve, you will be able to increase workout volume and intensity.

How You Can Expect To Feel

Before Class

It is perfectly normal to feel apprehensive and nervous before your first Group Step class. Once you get your first class out of the way, a lot of the apprehension will disappear. Remember, there is safety in numbers. You will also be amazed at how many others will help you.

During Class

Time will fly! You might experience mixed emotions. Just go with it. Remind yourself that you are new and that you have to start somewhere. It might seem like the class is moving a little faster than you would like, but that is only because the terminology and movements are somewhat unfamiliar. With each class, you will become a little bit more comfortable and a little more focused on the workout.

After Class

You will be excited to get your first class under your belt. It is important to know that you will be sore. With any new workout or at the start of any exercise program, you experience muscle soreness. This is because your body is adjusting to the demand being placed on your muscles and is perfectly normal.

What to Wear

The most important thing to wear is comfortable workout attire. Most people wear track pants, shorts and t-shirts, while some are more comfortable in Lycra. You should feel comfortable enough to move and sweat.

There is a lot of lateral movement in Group Step, so cross training shoes are recommended as they provide the necessary support.

What to Bring

Bring a towel, a water bottle and your energy!

Arrive Early

It is important to arrive 15 minutes before class to meet the instructor. During these 15 minutes, the instructor will ensure that you are comfortable during your first class and answer any questions

you may have. The instructor will ask you such questions as:

- Have you ever exercised?
- Have you ever participated in group fitness?
- Have you ever done any step-based workouts?
- Do you have any injuries or problems that might affect your ability to participate?

Where to Stand

The best place to stand is within clear view of the instructor. It is not necessary to be at the front, but try to be in the center of the room.

It is important to avoid mirrors and to concentrate on the instructor. He or she is the best source of visual technique information. Mirrors are distracting and sometimes relay unnecessary information. Mirrors might tell you that you look silly doing the moves, even though you might really be having fun. So please ignore them!

How to Approach Your First Three Classes

It is good to attend your first couple of classes with the simple objective of learning the movements, the class format and the basic terminology used. Try not to concentrate so much on the quality of your workout; that will come later as you become more familiar with the movements.

In your first three classes, simply concentrate on the names and objectives of the moves. Foot placement is one of the key things to learn so that you step safely. We advise you to concentrate on footwork and leave out any arm movements. You can later add arm exercises into your workout. The instructor will be facing you, so if that creates any confusion at any time, keep your eyes on the feet of the people in front of you.

Talk to the Instructor After Class

Remember to talk to the instructor after class. For example, let him or her know how you felt and if anything was particularly challenging for you. The instructor will then make recommendations for your next class. Most of all have fun during your first Group Step experience!