January 2018

Main Street Fitness

Classes:
Inner Athletes Strong, Turbo and Boxing with Sarah Green
Power Flow and Full Body with Sandra Parmalee
Small Group Training with Kim Gullis

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<th>Sunday</th>
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<td>Registration! 11:30 am - 1:30 pm</td>
<td>Registration! 5 - 7 pm</td>
<td>9:00 IA Strong</td>
<td>9:30 Full Body</td>
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IA Strong is a strength training class. It is filled with a combo of squats, plank, lifting weights, cardio, ab work, and always a good warm up and a relaxing cool down. You are guaranteed a full body work out with proper instruction to ensure your best form, and lower your risk of injury. There is always a chance to modify when necessary or pump it up a bit if you are ready. IA STRONG is a group of women who are here to make themselves better and encourage everyone to do the same. No judgement, lots of laughs, and of course muscle building! This is not a “bootcamp” or circuit training. The exercises are choreographed to the beat of the music, the routine is switched up every month! 1 hour in length.

IA Turbo is IA Strong with a bit more of the “let’s get this done” kind of attitude! YAHOOOO!!! BUT: you can always modify and take it down a notch if you need to, I promise 😊

Partner Workout/Boxing! Grab your life partner, son/daughter, neighbour, coworker, friend, sibling, aunt or uncle….. come and work out together! Come as a team: some of the workout is solo, some is partner based. Boxing is a part of this class, so make sure you are on good terms before you come heeheeeeel! (gloves and focus mitts provided, or bring your own). GOOD TIMES! 45 minutes class. BEST FRIDAY NIGHT PLANS EVER!!! And home in time for some relaxation, too. No boxing experience necessary, you will pick it up and love it quickly! (Having a partner isn’t a prerequisite, as long as you don’t mind partnering up with someone you may not know, or boxing on the punching bag. Up to you!)

Women’s Boxing: This is a class of boxing drills for women with previous boxing/focus pad training experience. Come with a friend/family member and stay with that person for the whole class, or circulate through the team with each drill! Totally up to you! 45 minutes of sweaty fun 😊

Power Flow: A mix of Pilates and Yoga to strengthen and tone! 1 hour in length.

Full Body: Just like the name, you will get a full body workout in this hour!

Small Group Training: This class is circuit in style, with stations using the gym equipment for a great workout with lots of variety! 1 hour in length.

All classes welcome every level of fitness, with modifications offered to help with any limitations you may be experiencing.

(any changes to this schedule will be posted on our website and Facebook page. Continual offering of these classes will be based on the level of participation, so if you like something, spread the word to keep it going! )

If there are members of the gym working out during a class, we will be respectful of their space, just as they will be of ours! WE ARE ALL HERE TO MAKE OURSELVES AS FIT AND HEALTHY AS POSSIBLE! GO, MAIN STREET FITNESS TEAM, GO!

SEE BELOW FOR THE MANY BENEFITS OF STRENGTH TRAINING
PLEASE TAKE THE TIME TO READ IT!
FROM FITNESS MAGAZINE (and I couldn’t agree more!):

You'll Blast More Fat

Forget that "fat-burning" zone on the treadmill. According to a new study published in *Obesity*, strength training is better at helping people lose belly fat compared with cardio. While aerobic exercise burns both fat and muscle, weight lifting burns almost exclusively fat. The more your weight comes from muscle, rather than fat, the smaller you will be. "In fact, body weight often goes up with strength training, but dress size goes down one or two sizes", says women’s strength expert Holly Perkins, CSCS.

You'll Burn More Calories

Your muscle mass largely determines your resting metabolic rate—how many calories you burn by just living and breathing. "The more muscle you have, the more energy your body expends," says Perkins. "Everything you do, from brushing your teeth, to sleeping, to checking Instagram, you'll be burning more calories."

You'll Be Stronger Mentally

"Strength has a funny way of bleeding into all areas of your life, in the gym and out," says Jen Sinkler, an Olympic lifting coach, kettlebell instructor, and author of *Lift Weights Faster*. By constantly challenging yourself to do things you never thought possible, your confidence grows. "Weight lifting empowers you," she says.

You'll Strengthen Your Bones

Weight lifting doesn't only train your muscles; it trains your bones. When you perform a curl, for example, your muscles tug on your arm's bones. The cells within those bones react by creating new bone cells, Perkins says. Your bones become stronger and more dense.

You'll Ease Joint Pain

"Proper strength training is the solution to joint issues," Perkins says. "Stronger muscles better hold your joints in position, so you won't need to worry about your knee flaring up during your next run."

You'll Be A Better Everything (okay, they said ‘runner’, I say ‘EVERYTHING’)

Stronger muscles mean better performance—period. Your core will be better able to support your body's weight and maintain ideal form during other exercises (like running), plus your arms and legs will be more powerful. What's more, since strength training increases the number and size of calorie-torching muscle fibers fueling your performance, strength training could actually help you burn more calories during your cardio workouts, Perkins says.

You'll Have A Healthier Heart

Cardiovascular exercise isn't the only exercise that's, well, cardiovascular. In fact, strength training can up your heart health, too. In one Appalachian State University study, people who performed 45 minutes of moderate-intensity resistance exercise lowered their blood pressure by 20 percent. That's as good as—if not better than—the benefits associated with most blood pressure pills.