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THE GROUP EFFECT™:

Research has found that feelings of euphoria often experienced after exercising are increased when people exercise as a group.

Gyms such as Les Mills have long recognized this as THE GROUP EFFECT™ and have specifically designed group fitness programs and group exercise classes to maximize potential results achieved from exercise and fitness programs.

Group exercise classes, such as the Les Mills BODYPUMP™ workout, allow people to exercise as a group incorporating motivating, energetic choreography into the routines, played out to lively music and guided by inspiring, experienced, qualified instructors. These sessions are shown to have high success rates as people tend to commit to a longer term fitness plan if the routines are fun and lively, keeping people engaged in what they are doing - as opposed to presenting exercise as a health chore.

Gyms are for exercising, home is for sleeping:

By far the best reason to join a gym for your fitness program is that gyms are designed for just that – exercise and fitness. Gyms have fully qualified fitness professionals who are there to help you achieve what you want to achieve and can help you set realistic time frames for those fitness goals.

Whether you are looking to increase strength, improve overall fitness, manage your weight or go for a full total body transformation, good established gyms such as Les Mills have years of experience in designing group fitness programs. As a rule, strength workouts and resistance training should be designed by a qualified trainer who can set realistic and safe goals for you to help you achieve what you want in the safest way possible. Working under the guidance of a qualified fitness instructor will always provide you with better long term results than opting to fathom your own way through and hope for the best.

Group exercise classes have proven to be hugely successful in keeping people engaged in their fitness goals as THE GROUP EFFECT™ provides inspiration, energy and motivation. These group sessions tend to be accompanied by choreographed routines and pumping music to keep sessions fun and engaging, taking the “no pain, no gain” mantra of solo exercise sessions out of the old “no pain, no gain” mantra of solo exercise sessions. Exercise should be fun, not a chore. By far the best way of finding that joy in exercise is to work with professionals who know exactly what you need to do to achieve your goals. After all, that's exactly why they're there!

Article Source:

<http://www.articleside.com/fitness-articles/so-why-should-you-join-a-gym-anyway.htm> - [Article Side](#)

[Lesmills](#) - About Author:

Les Mills provides a [group exercise classes](#), and with Les Mills you're not just exercising, you're joining in on something bigger than yourself – a revolution. You'll fall in love with fitness as their passionate instructors and inspiring music tracks guide you through a huge variety of fitness workouts that will change your life.

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les mills pump , les mills bodypump, bodypump class

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