



WANTED:
MEN FOR GROUP FITNESS EXERCISING;
needs to be willing to train hard and have a good time!

WHY DO MEN STAY AWAY FROM GROUP FITNESS?

There are many reasons why Group Fitness classes (aka: aerobics classes) tend to attract a predominately female crowd. The most obvious is the “a” word...aerobics. Men don’t want to go to an “aerobics class”. They want to work out, they want to sweat, they want to get fit, but they don’t want to do “aerobics”. The word “aerobics” has a very female, Jane Fonda, connotation to it. Men like agility training, but they have little desire to learn the “kick, ball, chain”, or “mambo”. They love to lift weights, but are the weights that are typically found in a group fitness room heavy enough to lure them in? How about the class names on the group fitness schedule? Most men will not leave work early so not to miss their “Buns and Glutes” class. OK, so how *do* we attract men into the group fitness room?

- Offer them Agility Training
- Offer them Functional Training
- Offer them Sports General Training
- Offer them Athletic Drills

GET OUT THE:

- Dumbbells
- Body Bars
- Medicine Balls
- Bosu
- Gliding Disks
- Music with a heavy, driving beat

LEAVE OUT:

- The dynabands
- Step box movements/choreography
- Traditional “step touch” warm-ups
- Brittany Spears and Christina Aguilera music



NEED HELP IN IMPLEMENTING A MEN ORIENTED CLASS?

Check out FITClasses.com for more information on how to teach an **ATHLETIC DRILLS** class.

ATHLETIC DRILLS is a straightforward, hardcore workout designed for men and for women who like to work out hard. It will challenge the athlete in you and your participants!

