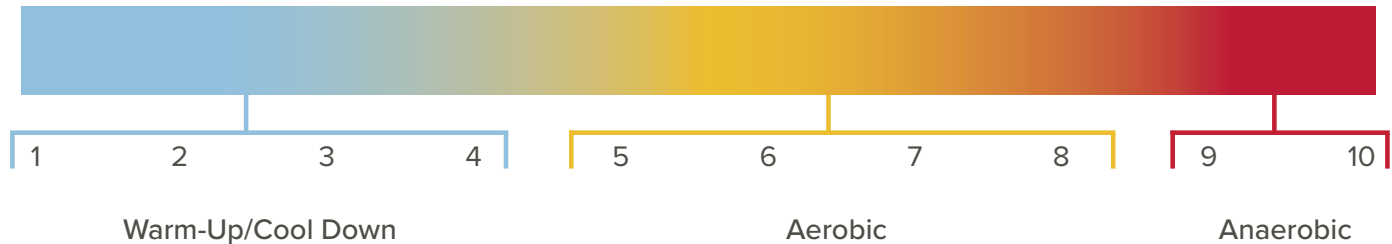


# Getting Started in Group Fitness Classes

Anyone participating in any group fitness class should modify the workout to their own fitness level. Classes are not geared specifically to any particular fitness level (beginner, intermediate, advanced). However, some classes are recommended for people with experience of the class or a higher level of fitness to maximize the goals of the class. Please check with the fitness instructor, fitness coordinator or check the class descriptions if you have any question to the appropriateness of a specific class to your personal fitness level and goals.

## Revised Scale for Perceived Ratings of Exertion



## The Talk Test

An individual should be able to carry on a normal conversation during exercise. If it is not possible to talk during exercise, exercise intensity should be decreased.

## General Exercise Recommendations for Healthy Adults

Training Component	Frequency (days per week)	Intensity	Time (duration) or Repetitions	Type (activity)
Cardiorespiratory	>5	Moderate (40% to <60% VO <sub>2</sub> R/HRR)	>30 mins*	Aerobic (cardiovascular endurance) activities and weightbearing exercise
	>3	Vigorous (>60% VO <sub>2</sub> R/HRR)	20–25 mins*	
	3-5	Combination of moderate and vigorous (40% to <60% VO <sub>2</sub> R/HRR or >80% VO <sub>2</sub> R/HRR)	20–30 mins*	
Resistance	2-3	60–80% or 1HM or RPE_5 to 6 (0–10 scale) for older adults	2–4 sets of 8–25 repetitions (e.g., 8–12, 10–15, 15–25; depending upon goal)	8–10 exercises that include all major muscle groups (full-body or split routine); muscular strength and endurance, calisthenics and neuromuscular (balance and agility) exercise
Flexibility	>2-3	Stretch to the limits of discomfort within the ROM to the point of mild tightness without discomfort	>1 repetitions per muscle group Static: 15–60 secs; PNF: hold 6 secs, then a 10–30 sec assisted stretch	All major muscle-tendon groups Static: PNF, or dynamic (ballistic may be fine for individuals who participate in ballistic activities)

\*Continuous exercise or intermittent exercise in bouts of at least 10 minutes in duration to accumulate the minimum recommendation for the given intensity. Nola: VO<sub>2</sub> R = VO<sub>2</sub> reserve; HRR = Heart rate reserve; 1 RM = One-repetition maximum; RPE= Ratings of perceived exertion; ROM= Range of motion; PNF - Proprioceptive neuromuscular facilitation | Source: American College of Sports Medicine (2013; ACSM Guidelines for Exercise Testing and Prescription (8th edition Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.

## Delay Becoming Much More Active

If you are or may be pregnant, please complete this questionnaire found at <http://www.csep.ca/cmfiles/publications/parq/parmed-xpreg.pdf> and consult your physician before beginning an exercise program. If you have any known risk factors for cardiovascular disease, complete the questionnaire found at <http://www.csep.ca/cmfiles/publications/parq/parmed-x.pdf>, and consult your physician before beginning an exercise program.