

EXPERIENCE NEWBODY...

FOR A SUCCESSFUL START INTO GROUP EXERCISE

Newbody - Want It, Have It, Feel It...

More energy, stamina and strength in your muscles, heart and lungs. This easy to follow, low impact cardio conditioning class with weights, will re-define your body and help prepare you for life's daily needs. It's never too late to get and stay fit!

Newbody was created exclusively for the GoodLife Fitness Clubs by Maureen "Mo" Hagan - licensed physiotherapist, 2006 International Fitness Instructor of the Year, 1998 International Program Director of the Year and Vice President Operations of the GoodLife Fitness Clubs.

What type of workout is Newbody?

Newbody is a multi-level, low impact, cardio (aerobic) conditioning class that incorporates muscle endurance conditioning by using light, hand-held weights.

Class Format: The class includes a warm up that introduces participants to the basic skills while warming up the muscles and joints. There are four "blocks" of aerobic and muscle conditioning (7-10 minutes each depending on the length of the class) followed by a recovery that incorporates basic stretches.

What's in it for me!

Newbody is both a cardio and weight workout in one. It:

- Burns calories
- Builds strong bones
- Develops muscular strength and endurance
- Improves posture, balance and coordination
- Promotes cardiovascular health
- Is functional training – training the way our bodies move
- Is a fantastic pre and post natal work-out
- Is multi-level
- Helps slow the aging process by working in ways that minimize stress on the joints
- Helps lower the risk of injury
- Contributes up to 1/4 to 1/2 of your daily quota of steps/day - key to good health.

What Equipment do I need for a Newbody class?

Newbody offers light, hand held weights as an option to help increase the work load to the muscles during class. If you choose to use the hand weights, 1, 2 or 3 lbs., is the recommended weight you will find them in a bin in the studio.

Newbody



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Top 10 Tips for a Positive First Class Experience

- 1) Wear comfortable clothing and athletic shoes.
- 2) Come to class 10-15 minutes early to meet the instructor, ask any questions and discuss any limitations you may have.
- 3) Leave your inhibitions and apprehensions at the door. Look at it as a chance to change your old habits. Be open minded to the new things you will experience and learn in the class.
- 4) Introduce yourself to 2-3 people in the class. Making new friends is the best way to stick to your goals – you can hold each other accountable!
- 5) Listen to the instructor who will coach you through the workout offering plenty of options. Use the options that you feel comfortable doing. If you are just beginning, pick up the 1lb., hand weights and don't worry about adding all upper body moves at first.
- 6) Newbody will make you sweat so drink lots of water before, during and after class. Being properly hydrated can and will positively affect your exercise experience.
- 7) Give your instructor feedback after the class. Let him/her know what they did to enhance your first Newbody experience and anything that you may have had difficulty with.
- 8) Take 10-15 minutes after class to do some extra stretching. Although every Newbody class provides you with a stretching component, your body requires more time to fully lengthen. Stretching is the key to preserving your muscle tissue and making it stronger. Never underestimate the power of a stretch!
- 9) Pick up a guest pass for a friend!
- 10) Schedule at least one Newbody class into your weekly fitness regime and appointment calendar. It is a great compliment to your other work outs.



“As a mother of two boys, aged 5 and 3, I don’t know what I would have done without Newbody, as it helped me get fit before I became pregnant, stay fit during my pregnancies, and be active and fit after my pregnancies. During pregnancy, weight gain and transformation of my body shape left me feeling the impact, particularly in my joints and pelvic floor as well as through increased fatigue when I participated in high-impact classes. Newbody was the perfect solution as it was a high-energy but low-impact total body workout that was easy on my joints. After I gave birth, Newbody helped me work on my power posture and kept me standing tall so I avoided the ‘slouched shoulders’ that many new moms develop.” – Susie, 36

“My Newbody workouts still to this day leave me feeling exhilarated, balanced, challenged, and satisfied, all at the same time. – Kim, 40

“I was introduced to the Newbody workout 18 years ago and immediately fell in love with the concept of alternating sculpting with aerobic endurance. I have been able to maintain my muscle tone and my lower heart rate as I age and the workout is so gentle on my joints. Newbody is unique and uplifting... The best aspect is that I always feel as though I’ve accomplished something after completing the workout.” – Bobbie, 47

Newbody was created in 1991 exclusively for GoodLife Fitness members. **Enjoy!**

Newbody