

# GETTING STARTED

## WHAT IS IT?

BALANCE & FLEX TOGETHER will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

## WHAT WILL I DO?

Balance & Flex together has a consistent format that will enable you to become comfortable with movements and notice both your health and well-being improving.

The workout consists of 10 tracks, which are accompanied by emotive music that have specific workout objectives.

1. Focus – Athletic, functional and full-body movements kick off the journey to help your mind and body become warm.
2. Salutations – The sweat really starts here as traditional yoga postures are repeated, building strength and stamina.
3. Challenge – Standing yoga poses stimulate the lower body during this physical highpoint track. This is a full-body track that will leave you shaking.
4. Balance – The energy pulls back and allows you to focus on balance, but still helps you to burn significant calories.
5. Core BACK – Core training for the often neglected back area will create muscle balance and improve posture.
6. Core FRONT – Uses inspiration from the popular Pilates exercise trend to strengthen your abs and stabilize your pelvis.
7. Hips – Exercises promote both stability and mobility through the hips, which translates to a healthy, pain-free back and spine.
8. Spirals – Includes rotational movements to improve mobility, flexibility and stability of the spine, which are all requisites to feeling and staying young!
9. Folds – Lower back and hamstring stretches are the antidote for a physically and mentally stressed body.
10. Restore – Also referred to as a mini vacation, you'll be made to take on all physical and mental challenges by the end of this track and as you recover from the workout.

## IS IT FOR ME?

Balance & Flex Together is perfect for:

- New exercisers because the program makes it easy to work at your own pace.
- The “fit-it-in-where-you-can” exerciser because Balance & Flex Together is a timely way to increase strength, flexibility and relax all in one hour.
- The athlete because it keeps your body in peak condition, helps fight injury and facilitates quick recovery.

- Balance & Flex Together is truly for everyone, removing barriers of age, gender and fitness background. The nature of this program makes it easy for everyone to achieve success, master techniques over time and return for more.

## HOW OFTEN SHOULD I DO IT?

Balance & Flex Together can be done as often as you like. How you feel is your best gauge of your body's recovery needs between workouts. It is important that you gradually build a regular workout schedule while being careful not to push too far, too fast. During your first four weeks, we recommend you do no more than three Balance & Flex Together workouts per week.

## HELPFUL HINTS

- Remember that it is only your first time once. After attending Balance & Flex Together three times, you will become much more comfortable with the flow of the workout and the movement and poses involved.
- Wear comfortable workout clothing that moves with your body.
- Bring a towel, water bottle and yoga mat (if the facility does not provide them). Even if the facility provides mats, they are a worthwhile purchase once you are hooked on the workout.
- Arrive 15 minutes before the workout and introduce yourself to the instructor. They will answer any questions you may have to help put you at ease.
- Stand close to the center of the room so you can see the instructor clearly. It is not necessary to be in the front, and having a couple of other participants in front of you can help provide visual information about the movements.
- Try to ignore any mirrors in the room, as they can be distracting. Just have fun and remember that the instructor is the best source of visual information about the movements.
- Your instructor will coach you, including movement and pose options, to ensure your success.
- Speak with your instructor at the end of the workout to ask questions and to check in about your experience.

## HOW WILL I FEEL?

Typically adults do not like to be “new” at anything, and they have high expectations of their first performance. It is important to remember that Balance & Flex Together is a journey, not a destination. The goal at first is to start the journey to improved physical and emotional well-being.

During the workout, you will feel more aware of your body than ever because of the newness of the experience and the nature of the workout. Some of the movements and the postures may feel quite different than your everyday movements and even awkward as a result. The workout might also feel like it is moving a little faster than you would like because the terminology is somewhat unfamiliar. With each workout, you will become more comfortable and feel more successful.

Talk to the instructor after the workout to let them know how you felt and if anything felt particularly challenging for you. The instructor will answer your questions and address your concerns to help you achieve greater success in your next workout. Keep in mind that you may be sore afterwards because your body is adjusting to the new demands of your muscles. This is perfectly normal. Above all, don't forget to have fun as you begin your Balance & Flex Together journey!



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# STRENGTH IN NUMBERS

## Balance & Flex Together

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