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## Group Personal Training is the Trend to Watch

*Lori Coyle, Personal Trainer and Fitness Instructor, Princeton Family YMCA*

*Princeton, February 2011* A recent survey by the American College of Sports Medicine shows this mini-group personal training is a trend to watch. Group personal training is an individualized comprehensive workout with a small group of people. The trainer focuses on proper body mechanics and addresses the needs and goals of each participant. It is a great way for an individual to get the one-on-one attention sought in personal training, but in a more affordable way. Group training is also a great way to get motivated not only by the trainer, but also by the other participants in the group.

Group personal training should not be confused with group fitness classes. Although group fitness classes are still a wonderful way to workout, the classes usually contain 20 to 30 people you might not know very well. Group personal training is vastly different in that the groups tend to not be larger than seven or eight people. They become a very close and supportive network and push each other to achieve more. They also receive more individual attention from the trainer that one would not get from a group fitness class.

Many often do wonder if this type of training will address the different needs of each participant. In a small group, the trainer is still able to access the needs of each participant. For example, if one person is looking to tone muscle while another is looking to build muscle, they may both be performing the same exercise with a different approach to the resistance.

The amount of time one should participate in this type of training varies depending on the results the participant is looking for. For those who are looking to "fine-tune" their workout regimen and ensure proper positioning and alignment of each exercise, one to two times per week would be appropriate. For those who are just beginning to exercise, two to three times per week is advised in order to gain the confidence and knowledge of training the body.

As a group, all fitness areas will be focused on such as cardiovascular training, strength training, core training and flexibility will be developed with much attention given to the proper training of the core as a means to tone all other body parts through "core fusion". Participants will certainly become more educated in fitness, more aware of the spirit, mind and body connection and perhaps, make a few more friends to support them in becoming fit and healthy for life.

The YMCA recently added group personal training to its offerings because the Y knows that healthy lifestyles are achieved through nurturing the spirit mind and body. Well-being and fitness at the Y includes more than just working out. In addition to its physical fitness classes and facilities, the Y provides programs that will help promote healthier decisions, and offer a variety that support physical, intellectual and spiritual strength.

The Y also believes that exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. That's why you'll find a range of activities. With something to offer everyone, there's no such thing as being too old to get in the game. Whether you're new to the community or simply want to pursue a new fitness regimen - you'll learn right alongside others from your community who share your interests.

To learn more about the Y's group personal training, contact Member Services at 609-497-9622 or visit [princetonymca.org](http://princetonymca.org).

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The Princeton Family YMCA is a charitable, cause-driven organization dedicated to youth development, healthy living and social responsibility. For more information about YMCA programs visit [princetonymca.org](http://princetonymca.org) or call 609-497-9622