

LIST OF QUESTIONABLE GROUP EXERCISE CLASSES

For an exercise or system of exercise to produce measurable results, it must be based on the time-proven principles of overload and progression. Anything ventured sans those principles is either 1) a recreational activity for pure enjoyment or 2) a worthless endeavor if one is seeking maximum physical benefits. In plain English, someone seeking the most productive and time-efficient option when committing their valuable time to "exercise" should eschew ~85% of the conventional group exercise classes listed. If you're in it only for fun or socializing, that is your prerogative, but most are poor choices if you're not experiencing the necessary discomfort of productive exercise.

Ask yourself, is it science-based or a marketing ploy? Will the time spent in the class you choose offer the best path to losing fat, "firming up," increasing strength, or improving fitness (all popular goals for most people)? Yes, a few classes on the list are 100% better than doing nothing PROVIDED YOU WORK HARD AND ATTEMPT TO IMPROVE YOUR CAPACITY OVER TIME.

There are better options that offer more bang for the buck. Remember, proper and time-efficient exercise should be physically demanding and have a built-in means of progressively challenging the muscular or cardio-vascular systems as you partake in the event(s). If not, you're squandering valuable time. Choose wisely if you want the direct path to achieving your goals.

Advanced Power Yoga
Advanced Step/Abs
Anusara
AquaFit
Aquatics
Arms
Ashtanga
Pole fitness
Tai chi
Ballet
Ballroom
Barre
Barre yoga
Belly dance
Bikram
Body Burn
Buti
Butt/legs
Cardio Barre
Cardio Body Sculpt
Cardio Dance
Cardio Mix
Cardio Strength
Cardio/Sculpt
Chair
Chen
Chest/back/shoulders
Contemporary Pilates
Core

Cycle Burn
Dance
Developmental
Drumming
Fusion Strength
Gentle
Hammock
Hangboarding
Hao
Hatha
Heated
Hip hop
Holistic
Hooping
Jazzercise
Jivamukti
Krav Maga
Kundalini
Lagree
Line dancing
Lyra
Mat
Pickleball
Pilates
PiYo
Power/Vinyasa
Power Splash
Prana Flow Yoga
Reformer

Restorative
Rock climbing
Roll & Stretch with it
Salsa
Silks
Step Interval
Stretch & Roll
Stretching
Swim
Swing
Tai chi
Tango
Trampoline
Trekking
Tricking
Triyoga
Tumbling
Upper body
Wang
Wu
Yin/Yang
Yin Yoga
Yoga
Yoga Sculpt
Yoga Vinyasa
Yogalates
Zumba