

# How to make the most of a fitness class subscription

A professional trainer and a happy customer lend their tips on getting the most out of your fitness class subscription.



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There are hundreds of gyms and boutique studios in the city, and class subscription services like ClassPass and FitReserve are capitalizing on giving fitness buffs the chance to sample them all. These services will definitely save money over signing up for individual classes, but they still aren't cheap, especially if you don't want to let go of your gym membership. So, how can

you really get your money's worth? We talked to a personal trainer and one satisfied customer to get their insider tips.

## 1 Find out what your body needs.

It's tempting to sign up for the trendiest workouts you've been dying to try, but Don Saladino, founder of Drive 495 and who boasts Ryan Reynolds as one of his clients, says it's important to do a fitness screening first.

"A lot of people hop into classes like SoulCycle and come back [with an injury]," he says. Reach out to a trainer and ask for a screening. Then, you can do any needed corrective exercises at home and sign up for the classes you want without worrying that the workout will be too much for your body.

## 2 Tailor it to your schedule.

Life's Better In Yoga Pants blogger Lynette Pettinicchi is a member of FitReserve and says the very act of signing up for a class keeps her committed to working out. "I miss more [workouts] I do on my own than I do with FitReserve classes," she says.

But making it fit into your schedule is key. Her best tip: "For weekday morning classes, I look for studios with showers so I can head right to work after," she says. "Then, on the weekends, I sign up for classes near my apartment." Make things easy on yourself, and you're more likely to stick with it and not cancel at the last minute.

## 3 Vary the intensity level.

With so many classes to choose from, figuring out the best way to alternate them can be confusing. Saladino's advice: "Vary it by intensity level,"

he says. "Start with low intensity, the next workout do medium, the next workout go high, then medium again, working your way down." Break down the type of workouts you like, such as Pilates, aerobics or a weight-based class, into those categories and make your schedule accordingly.

## 4 Keep your goal in mind.

While you're experimenting with different classes and switching up the intensity level, Saladino says it's important to keep your goal in mind so you're getting what you want out of your subscription. "If your goal is to tone your abs, sign up for all the different type of classes you want, but three days a week should be classes focusing on resistance training," he says. "That's really going to be what transforms your body."



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