

# FIND YOUR PATH TO FITNESS

A recent 24 Hour Fitness® member poll found that 73 percent of people who attend group exercise classes see results in less than two months. Use this chart to find the class that's right for you.



IS YOUR MAIN GOAL TO GET TONED & STRONGER?



NO

YES



IS YOUR MAIN GOAL TO GET HEALTHY OVERALL?



IS YOUR MAIN GOAL TO LOSE WEIGHT?

NO

YES

NO

YES

We'll be here if you ever change your mind.



Do you want to break a serious sweat and feel energized?



Is variety important in a workout?

YES

NO

NO

YES

Which sounds more fun?

What's your priority?

What's more important?

What sounds like the most fun while listening to music?



Biking while listening to music

**CYCLE**



Dancing the night away

**DANCE**



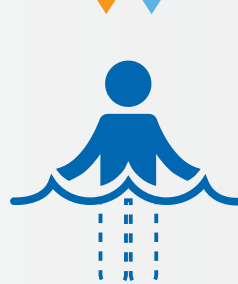
Strengthening core muscles

**CORE**



Relaxing and releasing stress

**YOGA**



Low-impact cardio and building strength

**AQUA**



Releasing tension

**KICKBOXING**



Lifting weights

**BOOT CAMP**



Exercising with high-intensity intervals

**STRENGTH TRAINING**