



It's been almost a year that we have been successfully instructing live virtual classes and yet I can't tell you how many times I have heard (from people who have not yet tried one), "Zoom workouts are not for me". Here are the most common reasons people have given me and my responses:

·**"It's just not the same as the gym"**. Can't argue with that. However nothing is the same as it was! So unless you are 100% happy with in-person training at your gym AND you are currently working out consistently, you may want to give Zoom training a try! Afterall, it's better than doing nothing. Maybe you don't like training in a mask (which is mandated by executive order and recommended by all credible medical organizations so if you are working out in a gym that does not enforce this, you may want to reconsider their overall safety and care for their members...but I digress...). Maybe you are still too nervous to attend a gym. Either way, you've got to get moving! Zoom might be your answer!

·**"I don't feel motivated in my own house"**. This may be true when doing pre-recorded workout videos with no accountability. But when under the eye of a personal trainer during a live workout you'd be surprised at what you become capable of! During our Zoom sessions we not only demonstrate each exercise, but **WE CORRECT, COACH AND MOTIVATE YOU THROUGH YOUR ENTIRE WORKOUT!**

·**"I don't want others watching me"**. First and foremost, it's important to remember that zoom participants are attending so they can get their own great workout. This means that they have most likely pinned the trainer's screen so they are not distracted by anyone else. Bottom line: they are not looking at you! However, if the possibility of them doing so still creates an unease, you can simply turn off your video until you have a question about your form. While being able to see you will be beneficial, it is not required.

·**"I don't know how to use Zoom"**. This answer is easy...It will take us 5 minutes to walk you through it before your first class. Zoom is very user friendly!

·**"I'm happy in-person training at my gym"**. Thats awesome! However, if you have to stay in for any reason (weather, precautionary quarantine, flat tire, etc), Core Fitness Zoom training is a viable option!

Live Zoom Training is offered Mondays and Wednesdays at 6am and 8am and Fridays at 8am for just \$7.00/class (no subscription or membership required). Virtual subscriptions are also available and include daily videos sent Monday through Saturday in addition to the live Zoom classes.

Questions? Contact us at [corefitnessinfo@comcast.net](mailto:corefitnessinfo@comcast.net)  
Register at [www.CoreFitnessGroupTraining.com](http://www.CoreFitnessGroupTraining.com)