

WHAT'S YOUR GROUP FITNESS PERSONALITY? FIND YOUR PERFECT FIT!

By Andrea Cirignano, Group Fitness Assistant Manager

1. What does music mean to you?

- a. Music is everything to me and I can't help but at least tap my toes to any song!
- b. I love a motivational song. The lyrics mean more to me than the beat.
- c. I can keep a beat, but I wasn't blessed with rhythm.
- d. I'll take it or leave it. It's nice to have something in the background to keep me going, but my workout is number one.
- e. I enjoy quiet, soothing sounds that help me relax.

2. What most closely aligns with your fitness goals in the New Year?

- a. I want to have more fun!
- b. I want to lose weight and improve my endurance.
- c. I want to tone up and get stronger.
- d. I want to squeeze my workout into a busy schedule.
- e. I want to de-stress.

3. How competitive are you?

- a. Let's just have fun, there's no need to compete!
- b. I like to race and I like to WIN!
- c. A little healthy competition never hurt anyone.
- d. I compete with myself. I can always improve!
- e. Competition is negative. Can't we all just get along?

4. How do you unwind when you're stressed?

- a. Crank up my favorite song on the radio.
- b. A long run helps me clear my head.
- c. No question, sweat it out.
- d. A workout with friends always brings back my smile.
- e. I crave quiet time to balance out the chaos.

5. What are you eyeing for new fitness gear in 2016?

- a. Gym-to-street fitness wear.
- b. A foam roller.
- c. High-quality headphones.
- d. A fitness tracking band.
- e. An eco-friendly yoga mat.

6. How spontaneous are you?

- a. Bring it on, I am always up for a surprise!
- b. I can appreciate a little spontaneity in my life, here and there.
- c. I'm more of a planner and not much for surprises.
- d. Variety is the spice of life!
- e. Life is all about going with the flow.

Mostly A's: YOU'RE A MUSIC LOVER

Try: ZUMBA, PROJam, BollyWorks DANCE or Dance Evolution

Mostly B's: YOU'RE A FAST FANATIC

Try: Indoor Cycling or Mercer Island Half Marathon Training

Mostly C's: YOU'RE SMITTEN WITH STRENGTH

Try: TRX, CHISEL'D, or Total Body SHRED!

Mostly E's: YOU'RE A MULTI-TASKING MAVEN

Try: Circuit Training, RECHARGE! or HIIT 2.0

Mostly D's: YOU'RE COOL, CALM AND COLLECTED

Try: Yoga, Pilates Mat or PROBarre

Want to try a new class in the New Year but not sure where to start? Take this quiz to determine your Group Fitness personality.

