

Hey home exercisers, sometimes gym classes offer added benefits

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(HealthDay)—There's nothing like the convenience of working out at

home or going for a walk on *your* schedule.

But taking classes at a gym or fitness center could hold some motivational magic for you. And you don't have to give up your home gym or on-your-own workouts. Think of adding a gym routine as a way to make your fitness efforts more well-rounded.

According to the American Council on Exercise (ACE), one of the top benefits of belonging to a gym is the individualized guidance you'll get from a professional, something lacking when it's just you and your DVD player at home, for instance.

Signing up for a regular class will heighten your sense of accountability. You'll be more likely to stick with your fitness plan if you've paid for a membership or a block of classes in advance.

Classes also offer a social component you can't get at [home](#), with support from your peers and an increased sense of motivation as participants encourage each other. Almost any type of exercise class can turn a workout from drudgery to a fun experience, one you'll really look forward to.

Even if you're a master in your favorite [fitness](#) activity, joining a class can bring a new dynamic to your [workout](#) or enable you to take it to a more challenging level.

It's important to note that teaching group classes is as much of a skill as being a [personal trainer](#). When checking out a gym, ask if the instructors are certified through a program like ACE so you can truly maximize the experience.

More information: The American Council on Exercise has more tips to help you find [the best group exercise class](#) for your needs.

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