

# *The Holmes Studio of Dance, Music & Wellness*

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## **4 Things You Should Know Before Choosing A Fitness Program**

If you are considering to “embark “ on the journey to wellness, this report is for you. Are all places that offer fitness classes alike? Does it really matter where I take a Pilates or Step class? Yes. There are five things you should consider when deciding on a new fitness program .

### **1. How is the Atmosphere?**

We offer small class sizes so it allows us to give the personal care and attention to our individual clients. Our environment is one that is relaxed, to encourage all who enter feel good about themselves - to feel truly “taken care of”. We are distinctly different than your typical “gym like” setting.

### **2. Individuality**

Taking the first step to getting into shape can be a vulnerable one. We realize this and take the time to really listen and evaluate each situation carefully. We want to know what your goals are and we go from there. We offer a wonderful full circle assessment tool that really helps not only the instructor, but the client as well to really understanding oneself. We then move together to the next step - to design a plan, so as to start their journey towards the path of wellness.

### **3. Variety**

Our programs are like a well balanced diet. They are designed to address your mind, body, and spirit. You would not feel well if all day you just ate, say, fruit - same goes for fitness classes. If you are looking for optimal benefits of full circled health and well being, then just attending a step aerobic class once a week will not be your answer. We offer holistic health counseling, Reiki energy work, as well as pilates, yoga and aerobics, to name a few. Of course, don't forget our high energy adult dance classes... Need we say more?

### **4. Quality**

Our staff are not self taught instructors, but rather hold certifications from various health and fitness associations, for well over 10 years. Workshops and seminars keeps our staff on the cutting edge of technology in the fitness industry. The end result? They bring all these wonderful resources, fitness products and techniques directly into their classes to benefit you!

## **5. Are fitness classes added just as another way to bring in cash flow?**

Absolutely not. We are not a dance studio that simply offers fitness classes on the side. Our studio's philosophical approach is such. We are integrated in the dance, music, and fitness "circle" because we truly believe how wonderfully these areas can impact one person's life. One that is rich with expression, passion, joy, and physically enjoyable activities are quite beneficial, to say the least. We offer what we believe is important to attaining and maintaining health and well-being..in body, mind and soul.