

## Programmes V's Classes

So why do we run our classes as a 10 week programme?

Below are some of the benefits of joining a programme for your functional movement rehab as opposed to dropping into a class in the gym.

Programme	Drop in casual Class
<ul style="list-style-type: none"> <li>• Commitment to progress.</li> <li>• Neural adaptation &amp; changes in motor patterning requires at least 6 weeks of regular practice to see improvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Little ongoing commitment.</li> <li>• Inconsistency leads to little improvement in the body's neural system, and therefore results.</li> </ul>
<ul style="list-style-type: none"> <li>• Serious about getting changes in health and vitality.</li> <li>• Investment in the future</li> </ul>	<ul style="list-style-type: none"> <li>• Wanting to exercise conveniently around other daily tasks.</li> <li>• Long term end result not as important.</li> </ul>
<ul style="list-style-type: none"> <li>• Accountability; both to yourself, your class peers and instructor.</li> <li>• We will monitor attendance. We want to see the best results for you.</li> </ul>	<ul style="list-style-type: none"> <li>• Reliant upon yourself to get to class</li> <li>• There may be large periods of no raining as 'life gets busy'.</li> </ul>
<ul style="list-style-type: none"> <li>• Education on your body and how it functions.</li> <li>• Strong learning component comparable with a night school course.</li> <li>• Home exercises given</li> </ul>	<ul style="list-style-type: none"> <li>• Very little education on the body, injury prevention and home study.</li> <li>• Exercises performed with little understanding as to why.</li> </ul>
<ul style="list-style-type: none"> <li>• Similar levels in each class so you can progress at the same rate.</li> <li>• Feel successful in your progress without trying to compete and keep up with more advanced students.</li> </ul>	<ul style="list-style-type: none"> <li>• New people welcome in every session so basics have to be re-covered weekly.</li> <li>• Classes remain at a similar level and progression is difficult.</li> </ul>
<ul style="list-style-type: none"> <li>• Initial session mandatory.</li> <li>• Time to learn how to activate correctly &amp; learn tailored stretches &amp; cuing just for you.</li> </ul>	<ul style="list-style-type: none"> <li>• Due to constant arrival of new clients, cuing is generic for all of the people in the group. There is little time for personal correction.</li> </ul>
<ul style="list-style-type: none"> <li>• A consistent instructor provides graded progress in repertoire.</li> <li>• They know your body, how you move can cue with your specific needs in mind.</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor will change as you pick varied classes on the timetable to suit daily activities.</li> <li>• Little individual &amp; personal care.</li> </ul>
<ul style="list-style-type: none"> <li>• Small numbers in class, 5-10 max</li> <li>• Time for hands on correction</li> <li>• Time for questions</li> </ul>	<ul style="list-style-type: none"> <li>• Large classes; little personal attention.</li> <li>• The instructor may not even know your name!</li> </ul>
<ul style="list-style-type: none"> <li>• Social aspect encouraged</li> <li>• Comradery from seeing the same faces weekly and progressing together.</li> <li>• Sense of community and shared understanding.</li> </ul>	<ul style="list-style-type: none"> <li>• Different faces every week.</li> <li>• Different levels within the group</li> <li>• Little interest in your life outside of class.</li> </ul>