

Programmes versus classes

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

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