



INSIDE

extrovert or introvert?



Extrovert



introvert

HIGH or LOW intensity?

HIGH or LOW intensity?

high

low

Strength, endurance or Both?

Strength, endurance or both?

high

Strength, endurance or both?

barbell class
small-group training
vinyasa yoga

Kick boxing
total Conditioning
circuit training
fusion yoga

BELLY DANCING
Nia
dodge ball
low-impact group fitness

Pilates
tai chi
restorative yoga
resistance band

Power Yoga
Karate
AquaFitness

Cardio jam
hip hop
indoor cycling
Zumba
running club

Masters Swimming
Ball Room Dancing
Slow flow yoga
Pilates

fusion yoga
bowling
Walking Club

Strength, endurance or Both?

treadmill
indoor cycling
stair running

gymnastics
indoor climbing
core training
Weight training
Ashtanga yoga

circuit training
kettlebells
Kickboxing
fusion yoga

elliptical
Swimming
fencing
housework



Outside

extrovert or introvert?



extrovert



introvert

HIGH OR LOW INTENSITY?

HIGH OR LOW intensity?

HIGH

LOW

HIGH

LOW

Strength, endurance or Both?

Strength, endurance or both?

STRENGTH, ENDURANCE or BOTH?

- Soccer
- BASKETBALL
- GROUP CYCLING
- GROUP RUNNING
- triathlons (relay)

- Obstacle courses
- Skateboarding
- group climbing

- Golf
- DANCING

- Bootcamp class
- TENNIS
- Rugby

- Outdoor Strength
- Training w/friends

- hiking w/friends
- beach volleyball
- Frisbee

- climbing
- monkey bars

- Cycling
- inline skating
- trail running
- backpacking
- Xc Skiing
- running
- jumping Rope

- ROWING
- Mtn BIKING
- SKIING
- SURFING

STRENGTH, ENDURANCE, or BOTH?

- CLIMBING
- ARCHERY
- PIILATES
- SUNRISE YOGA

- HILL CLIMBS
- CANOEING
- WIND SURFING

- Gardening
- HIKING
- CYCLING
- SWIMMING
- CHI RUNNING