

# BROOKLYN\_BORN

 Change Banner Image

**154,981**  
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

## Taking charge of our fitness class

Tuesday, April 09, 2013

When the aerobics instructor and the backup are both sick, you improvise

Last week we “regulars” arrived at the gym for the 9:15 aerobics/weights class to discover that we did not have an instructor. We had options. We could have just put in some time on the treadmills or other pieces of equipment, but we’re creatures of habit. We wanted a class – OUR class.

So, I went to my car and got a CD appropriate for our age group (“The Best of Peter, Paul and Mary”). Then we went to the classroom, picked up our weights and worked out in a group all by ourselves. We didn’t have any particular order to the exercises. Each of us had a move that we liked doing and we adapted that to whatever folk beat P, P & M were singing. Sometimes we even sang along.

It was nice returning to the music of our youth and if I didn’t look in the mirror, I could even pretend I was young again.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**DEBBY4576**

You and your group are dedicated and most of all FUN!  
2987 days ago



**SUNSET09**

You are capable of more than you ever imagined. Work it out! Good going and I, too,

remember a few songs of Peter, Paul and Mary. Where are they now!?



2987 days ago

Comment edited on: 4/10/2013 10:19:33 AM



**MISCHAKEO**

I saw Peter, Paul, and Mary in concert when I was young. I loved them! Glad you improvised and had fun.  
2987 days ago






**AUSFAM**  
Love it!  
2988 days ago



**SLENDERELLA61**  
Good for you! Great to improvise. Yes, I find when I run to the Beatle's One album, for a few minutes I feel 16 again!!  
2988 days ago



**DR1939**  
  
2988 days ago



**ILOVEMALI**  
How fun!  
2988 days ago




**SUZYMOBILE**  
Fabulous! We used to do that in taekwondo advanced class, taking turns doing the warmup and drills, which in part "trained" us to teach classes of beginners. You could be on your way to instructorship!  
2988 days ago



**GINIEMIE**  
I love it. The students carrying on w/o the instructor. Every teacher's dream. And you got to



use YOUR music too. m  mmmmm  
Back in Ohio we had a group that met for "jazzercise" to Christian Music. We had a rockin good

time... I think of that often lately...If the Devil Don't Like It, He can sit on a tack!



2988 days ago



**WILSONWR**  
Sounds like an interesting session! Yes, that music would bring back memories...  
2988 days ago



**CELIAMINER**  
Beautiful!



2988 days ago



**COCK-ROBIN**  
Now I have an image in my head of you working out to "Puff the Magic Dragon!"  
2988 days ago



**HELEN\_BRU**  
Good for you! You don't let anything stop you!!  
2988 days ago



**SWEETNEEY**



2988 days ago



**NINJALINDA**  
THAT is awesome! You get the award for making the best of the situation!  
2988 days ago





**STAY39**

That's awesome! Good for you!!  
2988 days ago



### Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

**Post Comment**

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.