

# Rosanne Hanley To Teach Fitness Classes To Help Community Get Into Shape

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SARASOTA, FLORIDA, UNITED STATES, January 11, 2018 /EINPresswire.com/ -- Over the past two years, [Rosanne Hanley](#) has noticed two trends. The first pattern consists of the price of fitness classes are rising. Second consists of lack of family-oriented programs to help children start healthy lifestyles. Because of these two unfortunate trends, [Hanley hopes](#) to plan fitness classes catered to families.

"More and more fitness classes are forming in our community, but prices are too high and don't cater to families," [says Hanley](#). "Why not combine getting fit with adults and children in a free class? It's a win-win for everyone who wants to participate."

While more planning has to take place before Hanley announces her intentions, she does hope to gain support from city leaders and residents. The free classes would become a unique opportunity for families to get fit together. Best of all, the courses will be open to residents of the city.

## High Prices For Workout Classes Discourage Membership

Hanley notes that prices for adult classes can sometimes break a budget. While these costs can be high, they force people to workout on their own. Sometimes these people need motivation from a trainer in the class.

"These high prices can discourage individuals from working out in classes," says Hanley. "Also, having children can make it hard to find time to work out. Having children involved in the class will make it a fun experience, yet teaching youngsters proper health habits."

Because of the initial idea of having free classes for families of all ages, the door is open to new methods of teaching classes. From basic working out courses to more advanced training, Hanley hopes every member of the family benefits from her classes.

Also, Hanley hopes enough members of the community sign up so she can hire multiple instructors. The more residents that sign up, the more classes can form. Hanley also hopes she can receive funding from the government to help costs for equipment and paying instructors. In the meantime, Hanley will focus on smaller classes with families.

"I do have high hopes for these classes," says Hanley. "But focusing on families and showing that these free classes are beneficial is my goal right now."

The local recreation center can hold these classes in their side rooms at no charge to Hanley. Also, Hanley hopes to receive donations from local gym businesses to get initial equipment requirements. These consist of bands for stretching, yoga mats, weights, and other equipment.

## One-On-One Time For Families In Classes

Another aspect Hanley wants to concentrate on is the one-on-one instruction with families. Hanley

notes individuals become lost in the shuffle. This fact leads to individuals falling behind in the class. Because of the family aspect and smaller classes, Hanley can focus on helping struggling individuals.

"When working out with classes, I have noticed that many fall behind because the instructor cannot manage a large class," Hanley adds. "I plan to manage smaller classes and help those who need it."

Hanley says she's not worried about getting negative press from the businesses that charge for services. She believes these companies are wrong for charging high prices for workout classes. These high rates deter people from participating.

"If there low-cost classes, I would have never thought of this idea," explains Hanley. "Because of high prices and the exclusive membership-feel of these classes, families seem to shut out of the opportunity to better their lives."

Also, because of the family aspect, children and adults can participate together. Instead of having children in daycare or finding a babysitter, each party will benefit from a good workout.

"The end-game of these classes will be establishing healthy lifestyles for every member of the family," Hanley concludes.

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