



“ Not only is group fitness good for your health, but it is a great way to meet folks that are like-minded about health and fitness. ”

around town 2

# McNEISH'S MUSCLE MANIA At Pecos Community Center

By Vanessa Selby-McGuigan

Carrie McNeish teaches Muscle Mania, which she describes as a group class that works all the major muscle groups through resistance training. She says, “Think ‘personal training’ in a small group format set to music” and adds, “The goal is to create muscle mass, to tone and strengthen the core, and to improve balance.”

McNeish has been using this format since she started teaching fitness classes back in the old days of 1990. She started teaching for two reasons: she loved it, and she needed to earn money as a newlywed. “At that time,” McNeish explains, “all we used for class were hand weights and a mat for

floor exercises. As the industry has evolved, we have a lot more equipment to use to work our muscles in different ways, but a bicep curl will always be a bicep curl!”

McNeish likes teaching at Pecos Community Center for this class format because the center has a huge variety of equipment to use, such as “weights, bars, bands, BOSU’s, benches, kettlebells, tubes, balance disks, and medicine balls, which keeps the class from getting boring and allows for working muscles in different ways for each class.”

Her philosophy is to be safe and have fun, so she tries to inject humor to

distract her students from how hard they are working. Ideally, she adds, “a person would want to be doing resistance training on every major muscle group three times per week.” By doing this workout, McNeish thinks people will say they really feel a change in their body, and continues, “Not only is group fitness good for your health, but it is a great way to meet folks that are like-minded about health and fitness.”

*This class is for all ages and fitness levels and is currently held on Mondays and Wednesdays 10:30-11:30am. Anyone interested is welcome to try out a complimentary class. For more, contact Carrie McNeish @ [www.dancemeetsfitness.net](http://www.dancemeetsfitness.net).*

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