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 Professor Dalton ENGL 21002
 New Body Project Observation

Time	Observation	Reflection
9:00 am - 9:10 am	<ul style="list-style-type: none"> ● Walk upstairs and enter a small room containing a giant glass window decorated minimally ● In the back there is a bathroom and a little cubby area; the women grab a matt from the area and leave their belongings back there ● The sun shines through the room bringing in only natural light, no lights are on; the window takes up the whole wall ● There are flowers decorating a window ledge and pillows filling a sitting ledge following the bottom frame of the 9; ● Two women talk about their life casually ● A big speaker is placed in the front ● A range of equipment is placed in the back and hidden in compartments ● The women are of a range of angels, body sizes, and ranches bringing diversity to the room ● Danielle leads a stretch as four women, 3 in socks, stretch slowly ● Hype rap music sung by women plays in the background; not too loud <ul style="list-style-type: none"> ○ “Does anyone have a music request today” ○ She sings a funny song and everyone laughs ○ She plays the sound loudly and the women continue their stretches ● She mentioned the new toys such as the massager; a woman says she used it yesterday ● They use the wall to stretch; Danielle helps a woman assure 	<ul style="list-style-type: none"> ● The room was insanely beautiful, the window was enormous and it was smaller than I thought it would be ● I expected the women to converse more as they came in, they focused on stretching individually and stayed in their own minds ● The music was explicit which gave the room a more casual feel, it brought in the sense that she is the owner and she makes the rules ● The diversity of women made me happy; although it was a small group every woman brought a different strengths and energy ● When the woman mentioned she used her took yesterday, it showed me that her clients are regulars and come often to her classes ● The music sung by women brought a strong energy of female strength and power; the music was played very loud bringing great energy to the room ● Danielle’s energy brought great happiness to the woman and made the room feel more comfortable, everyone seemed to have loosened and began to laugh and talk started ● The workout is one that would seem simple, but the repetition and reps worked the women hard ● The hungover woman brought joy to the room, proving to me that this space is welcoming and comfortable <ul style="list-style-type: none"> ○ No one judged anyone, they all were just there to work out and enjoy their environment ● The workout was short and went quickly ensuring they stayed on track with time yet the women were

	<p>that her foot is in the correct position</p> <ul style="list-style-type: none"> ○ Music uses explicit language ● Danielle uses herself as an example to show how the stretch will be done, women close their eyes and stretch relaxing fully ● Danielle tells everyone they will be doing 30 squats, 30 push-ups, and 30 sit-ups <ul style="list-style-type: none"> ○ The women all participate in a discussion about the music as they do their workout ○ Danielle dances and sings in the front to hype up the women as they woke out ○ “Girls are players too” plays on repeat to hype up the women with women-empowering music ● “I went out last night and I feel hungover” is stated by a woman and is followed by laughter ● Danielle represents a workout using shuffling across the room going between 3 cones, two orange and one blue, and carrying a 5 lbs weight for one station, jumps for one station, an arm workout for the third station, and push-ups for the fourth, sit-ups for the fifth station <ul style="list-style-type: none"> ○ Each person has a different station; instructed to do 2 routes for 35 seconds each ○ “We will have family time after” 	<p>sweating and tired</p> <ul style="list-style-type: none"> ● The term “family time”, as stated by Danielle, seemed to make the girls be seen as sisters and people who can help each other out <ul style="list-style-type: none"> ○ (Talked about in the interview)
<p>9:11am - 9:20 am</p>	<ul style="list-style-type: none"> ● Music is turned up loud as the women begin their stations ● Each person works had at their station; Danielle lets them know when they have 10 seconds left ● The women stay at their station twice in a row and switch after <ul style="list-style-type: none"> ○ “This is shorter than last 	<ul style="list-style-type: none"> ● The loud music gave great energy to the room, it stayed loud and continued to be full of life ● The comfortability of speech between Danielle and her clients helped it feel like a group of friends working out; asking questions was never shied away from

	<p>time” is stated by a participant with the response of Danielle saying how she knows and how there's only 5 stations</p> <ul style="list-style-type: none"> ● Danielle states empowering words to the women as they go through their circuits <ul style="list-style-type: none"> ○ “Good job”; “Keep it up” ○ They all continue throughout the full time of each circuit ● Danielle dances throughout the middle of the women while watching closely to assure their form is correct <ul style="list-style-type: none"> ○ She helps a woman change the position of the back pad during sit ups to assure comfortability ● The women stay focused on themselves as they work hard on their stations <ul style="list-style-type: none"> ○ They power through their tiredness as Danielle states “Five more seconds” ● Danielle nods at the women as they do their workout ● A woman asks if she is doing it right to which Danielle tells her she is and to keep working 	<ul style="list-style-type: none"> ● Danielle’s positivity and encouraging words kept the women smiling and in good spirits <ul style="list-style-type: none"> ○ Her dancing brought laughs and positivity; she continued throughout the whole session creating non stop high energy ● The countdown which Danielle implemented throughout each 35 second interval helped to make it seem as if the time was going by faster, and helped the women know that they were close to being done ● Positive reinforcement helped create happiness in a time where people are tired and can be stressed <ul style="list-style-type: none"> ○ Questions are made welcome to enhance confidence in women
<p>9:21 am - 9:30 am</p>	<ul style="list-style-type: none"> ● Family time is begun with the women instructed to squat and clap each others hand in between <ul style="list-style-type: none"> ○ They smile and giggle with each other as the time is counted down ○ The timer goes off and the room is full of laughter ● A woman starts walking back to the circuit and Danielle instructs her it's still “family town” <ul style="list-style-type: none"> ○ The last 5 seconds are counted down loudly ● Danielle tells them they have a 1 minute break and asks if everyone 	<ul style="list-style-type: none"> ● Family time is a fun exercise with ‘forces’ the women to interact closely with each other ● The close interaction and seemingly silly action brought the women to laughter and sparks conversation between the women <ul style="list-style-type: none"> ○ Danielle’s strategy of ensuring everyone in the room can feel like family with each other ● The woman lean on each other to finish their sets; they empower each other ● Danielle’s action of bringing water to assure everyone stays hydrated

	<ul style="list-style-type: none"> has water <ul style="list-style-type: none"> ○ When one says no she goes out to her car to get some for her and states that “today is a lot of cardio” ● During break the women talk about their workout and relax on the ledge seats with contain pillows <ul style="list-style-type: none"> ○ A woman sways and sings to the music as she relaxes ○ A woman stretches during her break ● Danielle returns with a 24 pack of water and hands one out to each women <ul style="list-style-type: none"> ○ Danielle gave me a water ● The women return to their circuits and are given the same instructions as before; 2 sets of 35 seconds ● The music goes silent as the song changes and Danielle states “That's the song it your time” <ul style="list-style-type: none"> ○ Happens between each song; it's followed by tired giggles 	<ul style="list-style-type: none"> shows her love for the women and show's how close they are <ul style="list-style-type: none"> ○ She goes the extra mile to help her women out and assure they're healthy ● The power of the music is seen as the woman sings along; it's positivity and energy shapes the actions in the room ● At times where the music stopped, Danielle swiftly and jokingly assured them that they are not done and the song is just changing; she made sure the women didn't give up early and followed through with everything done <ul style="list-style-type: none"> ○ The exhausted women laughed since they knew they would have given up early
<p>9:31 am - 9:40 am</p>	<ul style="list-style-type: none"> ● The women sweat as they continue their workouts with intensity <ul style="list-style-type: none"> ○ One breaths steadily through her mouth to help her as she works out ● The loud music continues fluctuation between different women rappers (Ice Spice; Rihanna; etc.) ● Danielle instructs them not to stop and to keep working hard ● A woman and Danielle talk as Danielle tells her she is improving and she thanks her and they laugh together at the exhaustion ● Danielle dances to the music as it plays loudly bringing energy to the room and continuously stating 	<ul style="list-style-type: none"> ● Each person contained a different way of dealing with their exhaustion, yet they all pulled through until the end ● The encouraging words helped the room stay alive at times where the women hit peek exhaustion ● The women end their circuits and find joy in being done, they exchange words and laughter ● Family time is done again with Danielle telling them to sing <ul style="list-style-type: none"> ○ The song created conversation and a lot of laughter throughout the woman; the close connection is clearly seen ○ As they tiredly missed each others hands on the high fives, the room was filled

	<p>the time</p> <ul style="list-style-type: none"> ● She tells them “You’re almost there! You’re almost at the finish line!” ● Danielle says there's one more and they tell them there isn't <ul style="list-style-type: none"> ○ She happily states that it’s family time again and instructs the women to grab a matt ● The women get in push up position and clap hands together, they are instructed to sing Patty Cake and laugh <ul style="list-style-type: none"> ○ “I need to hear it” “I don't know the words”; they all laugh ● They all sit in exhaustion and laugh when they are done when Danielle instructs that this is only the first one <ul style="list-style-type: none"> ○ They continue for the second one and they all sing loud ● “Today's killer cardio if you need a reminder” is responded with “yes” and giggles from the women ● They are given a one minute rest and are told there is only one more round of the circuit 	<p>with laughter</p> <ul style="list-style-type: none"> ● The name of the workout being named ‘killer cardio’ emphasizes how hard each woman is working in the class and gives them common ground that it is a hard workout, it isn’t hard because of their physicality ● The rest being kept short made the workout fly by and helped keep the women on their toes and power through the hour long workout [-p
<p>9:41 am - 9:50 am</p>	<ul style="list-style-type: none"> ● They talk about a song and the way it was remade ● The circuit is dropped by 5 seconds, so they begin 2 rounds of 30 seconds each <ul style="list-style-type: none"> ○ A woman responds “yes!” when they’re told this and they all breathe a breath of relief ● Danielle again dances and plays the music loudly to bring energy to the room ● The women continue working hard and breathe through the pain ● “I’m telling you 30 seconds is fast!” - Danielle ● “Almost there” is stated by Danielle as they work hard 	<ul style="list-style-type: none"> ● The ‘patty cake’ sparked conversation due to the lack of knowledge in the song’s actual lyrics; they knew of it in general but not the full song <ul style="list-style-type: none"> ○ I also do not know the song which surprised me ● While only decreasing the time by 5 seconds, the women were relieved and their joys were visibly brought up <ul style="list-style-type: none"> ○ The 30 seconds did feel significantly faster than the prior sets ● The repetition of the song change constantly brought the women to laughter and smiles, something so simple made a great difference in

	<ul style="list-style-type: none"> ● “That is the song not the timer!” is stated again and followed by an exhausted laugh by one of the women ● Danielle takes pictures of the women working hard (likely for social media, not in a weird way) <ul style="list-style-type: none"> ○ The women are instructed that they only have 10 seconds left and then they only have one more time ● ‘Jimangi’ is asked to be taken out and one women says “it is out mascot” and Danielle repeats what she said with a laugh <ul style="list-style-type: none"> ○ “Find your teammate, find your sister in sweat” ● “It is now time for the relay race” is followed by a sad “oh” <ul style="list-style-type: none"> ○ The rules are stated and explained sophisticatedly ● “I dont have the energy for running today” is followed by “It’s killer cardio today Alysshia!” <ul style="list-style-type: none"> ○ The women laugh about how they’re tired ● Eye of the tiger plays as Daniele dances in the front; the women run with smiles and laughter on their faces across the room <ul style="list-style-type: none"> ○ The room is full of happiness and smiles ● Danielle tell them to see how “time flies when you’re having fun” and how they are done ● The women are given 2 minutes to stretch <ul style="list-style-type: none"> ○ The women talk about new ideas with integrating a massage gun and Danielle responds with “Maybe Saturday” ● Eye of the tiger continues as the four women stretch on thor matt, one uses the massage gun on her legs ● The class ends at 9:48 and the women stretch 	<p>the energy of the room</p> <ul style="list-style-type: none"> ● As the women asks to use a piece of equipment that is commonly used, it shows the community and normality the women find in attending the classes <ul style="list-style-type: none"> ○ Their joy that came from a simple piece of a foam block equipment surprised me; I assume that I am lacking knowledge of it’s significance ● The relay race was the best way to end the workout, Danielle stood in the front and dramatically danced as the women ran in laughter feeling no competition, yet feeling happiness while doing physical activity <ul style="list-style-type: none"> ○ Playing Eye of the Tiger brought a fun sense of competition that was signified as a competition against yourself and yourself only ● Danielle in the women have a friendly relationship; with the women being exhausted (which sometimes causes anger when jokes are made) the women remained positive and thankful for their environment and surroundings ● Suggestions were welcomed bring in a sense of communication and understanding of wants between Daneielle and her clients; there was no hierarchy, everyone has their own person and brought their own successes ● The class only lasted about 48 minutes, but there was no sense of it being rushed due to its uniformity and each woman got a good workout in
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<p>9:51 am - 10:00 am</p>	<ul style="list-style-type: none"> ● Danielle asks if everyone remembers everyone's names <ul style="list-style-type: none"> ○ A woman named Jessie states no and the women laugh ● Jessie states in depth facts about everyone <ul style="list-style-type: none"> ○ She states how one of the women's favorite cocktails is a Paloma ○ Jessie states deep details about everyone ○ Danielle has 2 kids and gets weekly facials ● The women positively talk about each other's life and laugh about how Jessue knows everything of everyone's life ● They go around the room and state one thing they are grateful for <ul style="list-style-type: none"> ○ The women relax on the food and talk ● Jessie talks about her business and Danielle tells her to please let me know how to support ● One woman is turning 50 and Danielle tells her how she looks stunning for her age ● The women talk about their families and casually talk about their current lives together ● Women are given rags to clean themselves and drop them in a gold basket when they are done <ul style="list-style-type: none"> ○ They sanitize their matts and return them to the back ● One woman asks the others for advice for places for things pertaining a bachelorette party; they mention different places and how to get there ● The women begin to clean up and pack up as they talk casually ● They all head out slowly with no sense of rush ● At 10:12 am all of them are gone 	<ul style="list-style-type: none"> ● The women begin to talk and it surprises me that they are talking this comfortably at the end, it seems like they know each other well so i'm surprised it wasn't the whole time ● Jessie knows deep facts about everyone leading to laughter and showing me the connection they all have together ● The support is felt throughout the room as they help each other find places to eat through the city ● As they talk, they casually hang out and the setting seems to turn into a group of friend hanging rather than a workout session ● The cleanliness and respect for equipment shows the women's appreciation for the environment ● Danielle incorporates the women stating what they are grateful for helping them to become more comfortable with each other and spark conversation <ul style="list-style-type: none"> ○ Danielle's perspective on the questions and actions she incorporates in the interview I did with her
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What surprised me?	What intrigued me?	What disturbed me?
<ul style="list-style-type: none"> ● The women kept to themselves at the beginning more than I anticipated; they became very talkative at the end ● Their joy that came from a simple piece of foam block equipment ● As Jessie spoke I realized how much they knew about each other and how close they really were; I expected a casual relationship ● The room was a lot smaller than I expected, but it fit people and equipment very well ● The class only had 4 people in it; I expected a larger group <p>*Similar to what I expected leaving lack of surprises*</p>	<ul style="list-style-type: none"> ● The way Danielle incorporated her own ways of assuring a connection between the women ● The knowledge they have regarding their friends lives, they talk about a lot ● The class was small but on purpose; the more people the more money? ● The group of women was small leading to a commonality of classes and the forming of tight relationships 	<ul style="list-style-type: none"> ● There was no clear sign to know which building was the place, the door was hidden in a stairwell <p>*The business was wonderful and nothing unexpected happened*</p>