

## CLASS BREAKDOWN FOR A NEW SITE

### CLASS 1

<i>TIME</i>	<i>EQUIPMENT</i>	<i>EXERCISE</i>	<i>REPS</i>
10 minutes	Active Warm Up	Marching on the spot (fast)	30 sec
		Shoulder Rolls	30 sec
		Ankle Rolls	30 sec
		Hip Circles	30 sec
	Walking	High Knee Walking	1 minute
		Back Kick Walking	1 minute
Sideways / Grapevine Walking		1 minute	
Toe Walking		1 minute	
Heel Walking		1 minute	
20 minutes	Seated	Seated Knee Extension	15 per leg
		Seated Straight Leg Raise	15 per leg
		Toe Taps	1 minute
		Sit to Stand	15
	Standing at railing	Calf raises ABC	15 per position
		Standing Bent Knee Leg	15 per leg
		Abduction pulses	>Repeat on other leg.
		Hamstring curls	
<b>WATER BREAK</b>			
10 minutes	Seated with band	Shoulder Abduction (90 degrees)	20
		External Rotation	20
		Bicep Curl (Band under feet)	20
	Standing	Tandem Balance	45 sec per side
		Single Leg Balance	45 sec per side
	Movements	Tapping forward. Add a sideways tap. Add alternating arms if class able.	1 song length
5 minutes	Standing	Quad stretch	30 sec per side
	Seated	Glute Stretch	30 sec per side
		Hamstring stretch	30 sec per side
		Deltoid stretch	30 sec per side
		Tricep stretch	30 sec per side