

CLASS BREAKDOWN FOR A NEW SITE

CLASS 2

<i>TIME</i>	<i>EQUIPMENT</i>	<i>EXERCISE</i>	<i>REPS</i>
10 minutes	Active Warm Up	Back rotation	30 sec
		Trunk side flexion	30 sec
		Leg swings	30 sec
	Walking	Long Step Walking	1 minute
		Toe Walking	1 minute
		Heel Walking	1 minute
High Knee and Back Kick Walking		1 minute	
Tandem Walking		1 minute	
20 minutes	Seated with band	Arms Together Flexion	10
		Narrow Rows	20
		Wide Rows	20
		External Rotation	15
		Shoulder Abduction (180 degrees)	15
	Standing at railing	Single leg balance	15 per position
		"Jumping" Jacks	15 per side
		Abduction - Normal - Pulses - Circles forward	15 of each type on each leg
		Hamstring curls	15 per leg
		Calf raises	15 per leg
WATER BREAK			
10 minutes	Seated	Toe Taps	1 minute
		Seated hamstring curl	15 per leg
		Straight leg raise	15 per leg
		Marching	1 minute
	Movements	Tapping forward. Add a sideways tap. Add alternating arms if class able.	1 song length
5 minutes	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