

CLASS BREAKDOWN FOR A NEW SITE

CLASS 4

<i>TIME</i>	<i>EQUIPMENT</i>	<i>EXERCISE</i>	<i>REPS</i>
10 minutes	Active Warm Up	Hip Circles	30 sec
		Shoulder Rolls	30 sec
		Arm Circles	30 sec
		Ankle rolls	30 sec
	Walking	Brisk Normal Walking	1 minute
		Sideways / Grapevine Walking	1 minute
		Tandem Walking	1 minute
Straight Leg Walking		1 minute	
Lunge Walking		1 minute	
20 minutes	Seated	Seated Straight Leg Raise	15 per side. 10 second hold to end
		Back Rotation	10 each direction
		Sit to Stand with forward taps	1 minute
	Standing at railing	Jumping Jacks (start slow and build)	1 minute
		Standing Abduction (L both, then R)	15 x straight 15 x pulses.
		Standing Hamstring Curl	20 per side
		Standing Calf Raises	15 x ABC (A heel and toes, then B, then C)
Standing Toe Lifts			
WATER BREAK			
10 minutes	Seated with band	Narrow Rows	1 minute
		Wide Rows	1 minute
		Diagonals	10 per side
	Standing	Standing Hip Extension	15 per side
		Target Tapping	10-15 each side
	Movements	Step together step tap. 2 kicks forward. Repeat to other direction.	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