

2017 Q1

WARM-UP FEEL: ENERGY

POSTURE	MODIFICATION	MUSIC
<p>Opening Stretch</p> <ul style="list-style-type: none"> ● base posture <ul style="list-style-type: none"> ○ three opening breaths ○ step wide for cat/cows ○ sumo squat twist (R/L) <p>Aerobics</p> <ul style="list-style-type: none"> ● Sumo squat twist <ul style="list-style-type: none"> ○ Challenge to raise to toes ● Curtsy Lunge <ul style="list-style-type: none"> ○ Add knee lift ● Chair squat <ul style="list-style-type: none"> ○ Add arms up ○ Add toe raise ● Curtsy Lunge <ul style="list-style-type: none"> ○ Add knee lift <p>**Should note, this is an old program and we don't teach these to this faster tempo now**</p> <p>Plank/Pushup Series</p> <ul style="list-style-type: none"> ● Negative Wide-arm pushup ● Hip dips <p>Stretch</p> <ul style="list-style-type: none"> ● Barre back fold/downward dog ● IT Band Stretch ● Roll up 	<p>Back/hips/knees-work smaller Shoulder-reach arms forward</p> <p>Hip-tap toe to ground Shoulder-reach forward</p> <p>Hips/Knees-work smaller Shoulder-lower arms</p> <p>Hip-tap toe to ground Shoulder-reach forward</p> <p>Shoulder/Back - lower knees or do at the barre Shoulder-perform on hands or take standing at the barre</p>	<p><i>Colour</i> Marshmello 3:08</p> <p><i>Levels-Radio Edit</i> Avicii 3:20</p> <p><i>Set me Free - Original Mix</i> Robyn & La Bagatelle Magique 4:23</p> <p>**end song early**</p>

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LEG WORK

FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Horse pose (side one) <ul style="list-style-type: none"> ○ 1-inch movement ○ Large range <ul style="list-style-type: none"> ■ Add arm press back ○ Grand Finale Hold 	<p>Hips/knees - work higher / smaller Low back/knee - underhand grip and hinge forward</p>	<p><i>This is What You Came For</i> Calvin Harris, Rihanna 3:43</p>
<ul style="list-style-type: none"> ● Horse pose (side two) <ul style="list-style-type: none"> ○ 1-inch movement ○ Large range <ul style="list-style-type: none"> ■ Add arm press back ○ Grand finale hold 	<p>Hips/knees - work higher / smaller Low back/knee - underhand grip and hinge forward</p>	<p><i>If It Ain't Love</i> Jason Derulo 3:23</p>
<ul style="list-style-type: none"> ● Reverse power sumo squat <ul style="list-style-type: none"> ○ 1-inch movement ○ Heel pulses (side one) ○ Heel pulses (side two) ○ Grand finale hold 	<p>Ankle - lower heels Low back - take elbows to barre knees/hips-work up higher</p>	<p><i>Can't Stop The Feeling</i> Justin Timberlake 3:57</p> <p>(end early to stretch)</p>
<ul style="list-style-type: none"> ● Stretch <ul style="list-style-type: none"> ○ Heel to seat ○ Triangle 		<p><i>Double Bubble Trouble</i> M.I.A 2:59 (only used about a min)</p>

2017 Q1
COMBO WORK
FEEL: FIRE

POSTURE	MODIFICATION	MUSIC
<p><u>WEIGHTS:</u></p> <ul style="list-style-type: none"> ● Alligators in Power Diamond ● Low rows in Base Posture <ul style="list-style-type: none"> ○ Challenge: lift and lower toes ● Tricep Extensions in Power Base <ul style="list-style-type: none"> ○ Tricep presses (palms up) <p><u>TRX:</u></p> <ul style="list-style-type: none"> ● Criss Cross Bicep Curls ● TRX Froggers <ul style="list-style-type: none"> ○ Add leg lifts to back <p><u>Stretch:</u></p> <ul style="list-style-type: none"> ● Shoulder stretch ● Tricep overhead stretch ● Chest opener stretch (lace hands) ● *stretch into glute song. Start song over if needed* 	<p>Ankle - lower heels Hips- work in base posture Shoulder - drop weights</p> <p>Back-lift chest Shoulder - drop weights</p> <p>Foot/Ankle - lower heels Back - Lift chest Shoulder - lower arms or drop weights</p> <p>Back-stay in kickstand position, step away from the barre Shoulders/Back-alternate bicep curls with weights</p> <p>Back-step away from the barre Knees-work smaller</p>	<p><i>#LITO</i> Press Play 3:36</p> <p><i>No Money</i> Galantis 3:09</p> <p><i>Sweet Nothing (feat. Florence Welch)</i> Calvin Harris, Florence Welch</p>

2017 Q1

GLUTE WORK FEEL: CONTROL

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Standing pretzel side one <ul style="list-style-type: none"> ○ 1-inch movement ○ Knee dives <ul style="list-style-type: none"> ■ Stay at 2-count ○ Grand finale hold ● Standing pretzel side two <ul style="list-style-type: none"> ○ 1-inch movement ○ Knee dives <ul style="list-style-type: none"> ■ Stay at 2-count ○ Grand finale hold 	<p>Hip-extend leg behind you, can keep toe rested on the ground</p> <p>Hip-extend leg behind you, can keep toe rested on the ground</p>	<p><i>Mr. Music (Full)</i> Tori Kelly 3:33</p> <p><i>7/11</i> Beyonce 3:33</p>
<p>Standing figure four stretch ***GO GET MATS***</p> <ul style="list-style-type: none"> ● Parallel glute bridge w/ Ball <ul style="list-style-type: none"> ○ Full range movement ○ Pulses up ○ Ball squeezes ○ Grand finale hold <p>Stretch:</p> <ul style="list-style-type: none"> ● Happy Baby Stretch ● Hug Knees <p>**stretch into core work song**</p>	<p>Knee-remove ball, adjust feet position Back-work smaller/lower Prenatal-if 3rd trimester, do chair squat at the barre</p>	<p><i>Bottoms Up</i> Keke Palmer 3:40</p>

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CORE WORK FEEL: CONNECT

POSTURE	MODIFICATION	MUSIC
<p>Core Blast:</p> <ul style="list-style-type: none"> ● Boat pose w/ TRX straps(facing center of room) <ul style="list-style-type: none"> ○ Challenge: extend legs ● Marches w/ TRX <ul style="list-style-type: none"> ○ Start w/ pelvis tilts (2-4) ○ Challenge: Reverse March, extend legs to scoops ● TRX Rollouts <ul style="list-style-type: none"> ○ Full Roll Out ○ 15 second hold (2 times) ● Side plank side one <ul style="list-style-type: none"> ○ Reach around ● Side plank side two <ul style="list-style-type: none"> ○ Reach around <p>STRETCH</p> <ul style="list-style-type: none"> ● Child's pose <ul style="list-style-type: none"> ○ Shoulder stretch: One arm under the other - then switch 	<p>Low back - lower toes Shoulder/Instability - lose the straps</p> <p>Shoulders - drop straps Prenatal - lose straps, place ball behind shoulder blades, or do modified scoops</p> <p>Low back - work smaller / knees away from barre Knees - stand up, double mat over Prenatal - cat cows on all 4's</p> <p>Shoulder- Do standing at the barre Back-keep knee rested on mat</p>	<p><i>Unsteady - Tough Love Remix</i> X Ambassadors 5:16</p> <p><i>Kings of Summer</i> Ayokay, Quinn XCII 3:42</p> <p><i>New Bohemia</i> Transviolet 3:39</p>

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YOGA FLOW

FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> ● Plank (60 sec) <ul style="list-style-type: none"> ○ Challenge: feet in TRX ● Downward dog / barre back fold ● Chaturanga <ul style="list-style-type: none"> ○ Rolling cobra ● Downward dog / barre back fold <ul style="list-style-type: none"> ○ 3-legged dog side one->knee drive (3X) ○ Runner's lunge side one->Pyramid stretch->Pigeon stretch ● Downward dog / barre back fold <ul style="list-style-type: none"> ○ 3-legged dog side two->knee drive (3X) ○ Runner's lunge side one->Pyramid stretch->Pigeon stretch ● Downward dog / barre back fold ● Low Crouch <ul style="list-style-type: none"> ○ Forward Fold / Ragdoll ○ Half sun salutation (half back-> upward lift->forward fold; 2-3X) ● Neck Stretch <ul style="list-style-type: none"> ○ Roll neck around (2-3) ● 3 closing breaths <p>“Thank you for honoring your body today and being true to you”</p>	<p>Back-lower knees down, take standing at the barre</p> <p>Wrist-lower to forearms</p> <p>Can all be done at the barre</p> <p>Ball under lifted hip for pigeon stretch</p>	<p><i>New Bohemia</i> Transviolet 3:39</p> <p><i>From Eden</i> Hozier 4:43</p>