

Get Moving Master Class Template

Segment		Time
Warm-Up and Range of Motion	Lower Body	10 minutes
	Upper Body	
	Core	
Work	Lower Body	10 minutes
	Upper Body	
	Core	
	Cognitive Drills	
Final Stretch & Relaxation	Lower Body	10 minutes
	Upper Body	
	Relaxation Technique	

Cue for breathing and posture a minimum of three times throughout the class.