

## SilverSneakers EnerChi Sample 12-week Teaching Program

Week 1:	Warm up (Video 1)	Demonstrate new forms (Forms 1-4)	Learn new forms	Practice new forms (Forms 1-4 may be appropriate as they are simple and easy to learn.)	Cool down, final stretch, relaxation (Video 2&3)
Week 2:	Warm up	Practice previous forms (Forms 1-4)	Demonstrate new form (Forms 5,6); Learn new form	Practice form 1-6 Repeat sequence as there is time in class.	Cool down, final stretch, relaxation
Week 3:	Warm up	Practice previous forms (Form 1-6)	Demonstrate new form (Forms 7,8); Learn new form	Practice forms 1-8 Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 4:	Warm up	Practice previous forms (Forms 1-8)	Demonstrate new form (Form 9); Learn new form	Practice forms 1-9 Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 5:	Warm up	Practice previous forms (Forms 1-9)	Demonstrate new form (Form 10); Learn new form	Practice forms 1-10 Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 6:	Warm up	Practice previous forms (Forms 1-10)	Demonstrate new form (Form 11); Learn new form	Practice forms 1-11 Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 7:	Warm up	Practice previous forms (Forms 1-11)	Demonstrate new form (Form 12); Learn new form	Practice forms 1-12 Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 8:	Warm up	Practice previous forms (Forms 1-12)	Demonstrate new form (Form 13); Learn new form	Practice forms 1-13 Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 9:	Warm up	Practice previous forms (Forms 1-13)	Demonstrate new form (Form 14); Learn new form	Practice entire EnerChi sequence, forms 1-14 Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 10:	Warm up	Practice previous forms	Practice any forms participants are finding to be challenging	Practice entire EnerChi sequence Repeat sequence as there is time in class.	Cool down, final stretch. relaxation

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Week 11:	Warm up	Practice previous forms	Practice any forms participants are finding to be challenging	Practice entire EnerChi sequence Repeat sequence as there is time in class.	Cool down, final stretch. relaxation
Week 12:	Warm up	Practice previous forms	Practice any forms participants are finding to be challenging	Practice entire EnerChi sequence Repeat sequence as there is time in class.	Cool down, final stretch. relaxation