

Class Planning Tool

Class name:	Class goal:	Class time:
Warm-up and Range of Motion Segment time:	Select exercises and combinations that prepare the body for the work segment.	Notes:
Work Segment time:	What is the class objective? Plan work segment with or without tools, depending on the format requirements and class goal.	
Cool-down Segment time:	Select exercises that transition from work into the final stretch.	
Final stretch Segment time:	Plan appropriate exercises for a total body stretch.	
Relaxation Segment time:	How will I end my class on a positive note?	

Cue for breathing, posture, hydration and perceived exertion