

Circuit Class Template

Segment		Time
Warm-Up and Range of Motion		
Work: Alternating aerobic & resistance work with a tool	Aerobic 1 Resistance with Tool 1 Aerobic 2 Resistance with Tool 2 Aerobic 3 Resistance with Tool 3	
Cool-Down		
Final Stretch		
Relaxation		

Cue for breathing, posture, hydration and perceived exertion a minimum of 3 times throughout the class.