

## 2017 Q1

### WARM-UP FEEL: ENERGY

POSTURE	MODIFICATION	MUSIC
<p><b>Opening Stretch</b></p> <ul style="list-style-type: none"> <li>● base posture               <ul style="list-style-type: none"> <li>○ three opening breaths</li> <li>○ step wide for cat/cows</li> <li>○ sumo squat twist (R/L)</li> </ul> </li> </ul> <p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>● Sumo squat twist               <ul style="list-style-type: none"> <li>○ Challenge to raise to toes</li> </ul> </li> <li>● Lat Pull curtsy               <ul style="list-style-type: none"> <li>○ Add knee lift</li> </ul> </li> <li>● Chair squat               <ul style="list-style-type: none"> <li>○ Add arms up</li> <li>○ Add toe raise</li> </ul> </li> <li>● Lat pull curtsy               <ul style="list-style-type: none"> <li>○ Add knee lift</li> </ul> </li> </ul> <p>**Should note, this is an old program and we don't teach these to this faster tempo now**</p> <p><b>Plank/Pushup Series</b></p> <ul style="list-style-type: none"> <li>● Negative Wide-arm pushup</li> <li>● Hip dips</li> </ul> <p><b>Stretch</b></p> <ul style="list-style-type: none"> <li>● Barre back fold/downward dog</li> <li>● IT Band Stretch</li> <li>● Roll up</li> </ul>	<p><b>Back/hips/knees</b>-work smaller <b>Shoulder</b>-reach arms forward</p> <p><b>Hip</b>-tap toe to ground <b>Shoulder</b>-reach forward</p> <p><b>Hips/Knees</b>-work smaller <b>Shoulder</b>-lower arms</p> <p><b>Hip</b>-tap toe to ground <b>Shoulder</b>-reach forward</p> <p><b>Shoulder/Back</b> - lower knees or do at the barre <b>Shoulder</b>-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 &amp; La Bagatelle Magique 4:23</p> <p>**end song early**</p>

## 2017 Q1

### LEG WORK FEEL: POWER

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Horse pose (side one)               <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ Large range                   <ul style="list-style-type: none"> <li>■ Add arm press back</li> </ul> </li> <li>○ Grand Finale Hold</li> </ul> </li> </ul>	<p><b>Hips/knees</b> - work higher / smaller  <b>Low back/knee</b> - 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"> <li>● Horse pose (side two)               <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ Large range                   <ul style="list-style-type: none"> <li>■ Add arm press back</li> </ul> </li> <li>○ Grand finale hold</li> </ul> </li> </ul>	<p><b>Hips/knees</b> - work higher / smaller  <b>Low back/knee</b> - 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"> <li>● Reverse power sumo squat               <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ Heel pulses (side one)</li> <li>○ Heel pulses (side two)</li> <li>○ Grand finale hold</li> </ul> </li> </ul>	<p><b>Ankle</b> - lower heels  <b>Low back</b> - take elbows to barre  <b>knees/hips</b>-work up higher</p>	<p><i>Can't Stop The Feeling</i>            Justin Timberlake            3:57</p>
<ul style="list-style-type: none"> <li>● Stretch               <ul style="list-style-type: none"> <li>○ Heel to seat</li> <li>○ Triangle</li> </ul> </li> </ul>		<p>(end early to stretch)</p> <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><b><u>WEIGHTS:</u></b></p> <ul style="list-style-type: none"> <li>● Alligators in Power Diamond</li> <li>● Low rows in Base Posture               <ul style="list-style-type: none"> <li>○ Challenge: lift and lower toes</li> </ul> </li> <li>● Tricep Extensions in Power Base               <ul style="list-style-type: none"> <li>○ Tricep presses (palms up)</li> </ul> </li> </ul> <p><b><u>TRX:</u></b></p> <ul style="list-style-type: none"> <li>● Criss Cross Bicep Curls</li> <li>● TRX Froggers               <ul style="list-style-type: none"> <li>○ Add leg lifts to back</li> </ul> </li> </ul> <p><b><u>Stretch:</u></b></p> <ul style="list-style-type: none"> <li>● Shoulder stretch</li> <li>● Tricep overhead stretch</li> <li>● Chest opener stretch (lace hands)</li> <li>● *stretch into glute song. Start song over if needed*</li> </ul>	<p><b>Ankle</b> - lower heels  <b>Hips</b>- work in base posture  <b>Shoulder</b> - drop weights</p> <p><b>Back</b>-lift chest  <b>Shoulder</b> - drop weights</p> <p><b>Foot/Ankle</b> - lower heels  <b>Back</b> - Lift chest  <b>Shoulder</b> - lower arms or drop weights</p> <p><b>Back</b>-stay in kickstand position, step away from the barre  <b>Shoulders/Back</b>-alternate bicep curls with weights</p> <p><b>Back</b>-step away from the barre  <b>Knees</b>-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"> <li>● Standing pretzel side one               <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ Knee dives                   <ul style="list-style-type: none"> <li>■ Stay at 2-count</li> </ul> </li> <li>○ Grand finale hold</li> </ul> </li>   <li>● Standing pretzel side two               <ul style="list-style-type: none"> <li>○ 1-inch movement</li> <li>○ Knee dives                   <ul style="list-style-type: none"> <li>■ Stay at 2-count</li> </ul> </li> <li>○ Grand finale hold</li> </ul> </li> </ul>	<p><b>Hip</b>-extend leg behind you, can keep toe rested on the ground</p> <p><b>Hip</b>-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 <b>***GO GET MATS***</b></p> <ul style="list-style-type: none"> <li>● Parallel glute bridge w/ Ball               <ul style="list-style-type: none"> <li>○ Full range movement</li> <li>○ Pulses up</li> <li>○ Ball squeezes</li> <li>○ Grand finale hold</li> </ul> </li> </ul> <p><b>Stretch:</b></p> <ul style="list-style-type: none"> <li>● Happy Baby Stretch</li> <li>● Hug Knees</li> </ul> <p><b>**stretch into core work song**</b></p>	<p><b>Knee</b>-remove ball, adjust feet position <b>Back</b>-work smaller/lower <b>Prenatal</b>-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><b>Core Blast:</b></p> <ul style="list-style-type: none"> <li>● Boat pose w/ TRX straps(facing center of room)               <ul style="list-style-type: none"> <li>○ Challenge: extend legs</li> </ul> </li>   <li>● Marches w/ TRX               <ul style="list-style-type: none"> <li>○ Start w/ pelvis tilts (2-4)</li> <li>○ Challenge: Reverse March, extend legs to scoops</li> </ul> </li>   <li>● TRX Rollouts               <ul style="list-style-type: none"> <li>○ Full Roll Out</li> <li>○ 15 second hold (2 times)</li> </ul> </li>   <li>● Side plank side one               <ul style="list-style-type: none"> <li>○ Reach around</li> </ul> </li>   <li>● Side plank side two               <ul style="list-style-type: none"> <li>○ Reach around</li> </ul> </li>   <p><b>STRETCH</b></p> <ul style="list-style-type: none"> <li>● Child's pose               <ul style="list-style-type: none"> <li>○ Shoulder stretch: One arm under the other - then switch</li> </ul> </li> </ul> </ul>	<p><b>Low back</b> - lower toes  <b>Shoulder/Instability</b> - lose the straps</p> <p><b>Shoulders</b> - drop straps  <b>Prenatal</b> - lose straps, place ball behind shoulder blades, or do modified scoops</p> <p><b>Low back</b> - work smaller / knees away from barre  <b>Knees</b> - stand up, double mat over  <b>Prenatal</b> - cat cows on all 4's</p> <p><b>Shoulder</b>- Do standing at the barre  <b>Back</b>-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>

## 2017 Q1

### YOGA FLOW FEEL: BREATHE

POSTURE	MODIFICATION	MUSIC
<ul style="list-style-type: none"> <li>● Plank (60 sec)               <ul style="list-style-type: none"> <li>○ Challenge: feet in TRX</li> </ul> </li> <li>● Downward dog / barre back fold</li> <li>● Chaturanga               <ul style="list-style-type: none"> <li>○ Rolling cobra</li> </ul> </li> <li>● Downward dog / barre back fold               <ul style="list-style-type: none"> <li>○ 3-legged dog side one-&gt;knee drive (3X)</li> <li>○ Runner's lunge side one-&gt;Pyramid stretch-&gt;Pigeon stretch</li> </ul> </li> <li>● Downward dog / barre back fold               <ul style="list-style-type: none"> <li>○ 3-legged dog side two-&gt;knee drive (3X)</li> <li>○ Runner's lunge side one-&gt;Pyramid stretch-&gt;Pigeon stretch</li> </ul> </li> <li>● Downward dog / barre back fold</li> <li>● Low Crouch               <ul style="list-style-type: none"> <li>○ Forward Fold / Ragdoll</li> <li>○ Half sun salutation (half back-&gt; upward lift-&gt;forward fold; 2-3X)</li> </ul> </li> <li>● Neck Stretch               <ul style="list-style-type: none"> <li>○ Roll neck around (2-3)</li> </ul> </li> <li>● 3 closing breaths</li> </ul> <p>“Thank you for honoring your body today and being true to you”</p>	<p><b>Back</b>-lower knees down, take standing at the barre  <b>Wrist</b>-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>