

Introduction: Instructor Cassandra Ellis

Listen to your body! Modify intensity level that is appropriate for your body!

Warm Up:

**Song: Philadelphia Freedom (125 bpm)**

Key Components Included Lateral Marches

- March on the Spot:
  - Stepping wide: In and Out
  - Get-Low version of wide stepping (keep spine neutral no forward flexion)
- Step Together
  - Incorporate arm reach: shoulder cross (arm reach out to front of body, not crossing midline/ no rapid torso twisting)
  - Incorporate arm reach raised above head (arm in front of the body, not crossing midline/ no rapid torso twisting)
  - Swimming Arm Circles

Cardio-Warm Up:

**Song: Build Me Up Buttercup ( 129 bpm)**

Key Components: V-Step, Hamstring curls, Grapevine

- March on the Spot: Single step together
- V-step (arms up above your head, not crossing the midline)
- Single step together, Double Step together
- Single step-together: hamstring curl; bicep curl both arms
- Grapevine: hamstring curl (Bicep curl both arms
- V-step, Single step together, double step together
  - Include big arms!
- Hamstring curl (Right side \*4); Switch sides (Left side \* 4)
- March on the Spot

Cardio:

**Song: I can See Clearly Now (134 bpm)**

Key Components: Curtsey, Disco, Touches

- Single step together, Sway (arms sway right and left)
- Grapevine
- V-Step
- Single step together, Double step together
- Single step together, hamstring curl (Left side \* 4; Right side \*4)
- Grapevine
- Sway (take feet off the ground)

- V-Step, Step together (hamstring curl\*4) Double step together (hamstring curl \* 4)
- March on the Spot (water break)
- Sway Single step; Reach/throw low
- Curtsey; make movements bigger

Cardio-Cool Down:

**Song: Born to be Active (137 bpm)**

Key Components: V-step, Mambo, Disco, Curtsy, High-knees, grapevine, squats, lunges

- Forward and backward steps: Sway (high to low with arms)
- Single step together: High knees; Sway, V-step
- Mumbo (big arm movements)
- Sway (high to low) alternate curtsy
- V-step; Sway; Mumbo; Sway (high and low)
- Alternate curtsy; grapevine (high knees); V-step; Mumbo; Sway
- Heel digs (single step); Toe taps behind you (arms swing in up/front); single step (knees up)
- March on the spot

Resistance/Endurance

**Song: Knock Three Times (139 bpm)**

Key Components: Squats and Lunges

Notes: Listen to your knees, keep weight on heels, posture is key. Heart center open.

- Squat:
  - Count: down for 2, up for 2 (add leg kick once up); Switch Legs
  - Single count lunges
- March on the spot
- Lunges: Key Principles: Ensure shoulders down, line up with hips (ensure comfort with your knees especially for back knee). Toes pointed forward .Posture considerations: consider being nice and tall
- Big Lunge
  - Count: down for 2, up for 2 (add leg kick once up); Switch Legs
  - Single count lunges
- March on the spot

Strength:

**Song: Sweet Caroline (139 bpm)**

Key Components: Bicep Curl, Overhead Combination, Tricep Kicks and Ball and arms Flow, Split, Hip stretches

Notes: Shoulders down with bicep curls. Deep breaths

- Bicep curls
- Overhead Press: Reach and Hold (Right arm down “resist” and push back up
- Ballet arms: Hold. Pump/pulse arms downward direction; Upwards direction; Forward direction, backward (repeat)
- Big arm circles starting from the hip
- Warrior Pose (Lunge form, front toe forward: 12 o’clock, right foot turned towards 3 o’clock)

Balance/Yoga:

**Song: I won’t give YP (slow-minor); Give me One Reason (slow-major)**

Key Components: Flow, Split, Hip Stretches, Tree, Dancer

- Tree Post: According to ability; For posture: think taller and longer
  - Draw foot in; According to ability: foot to ankle, foot to knee or foot to inner thigh
  - Arms out; Increase difficulty arms above head.
- Mountain Pose: Keep shoulders low. Always thinking tall and long.
- Dancer: start with hamstring stretch (grab inside or outside of ankle).

Keep head above the heart when stretching and keep spine neutral (no forward flexion)

Final Stretches: hold stretches for 15-20 seconds

**Song: Georgia On My Mind (slow-minor); Instrumental (slow-minor)**

Key Components: Arms and breathing