

GROUP FITNESS CLASS PLANNING SHEET



Class title: _____

Class purpose and objectives: _____

Primary audience: _____

Class duration: _____

Class theme: _____

General format: _____

Equipment: _____

Music: _____

WARM-UP

Duration	Moves (with progressions/regressions)	Purpose

CONDITIONING PHASE

Duration	Moves (with progressions/regressions)	Purpose

COOL-DOWN

Duration	Moves (with progressions/regressions)	Purpose

