

MIX & MATCH 45 MIN CLASS SEPTEMBER NOW

CARDIO NOW WARM-UP (4 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # 1 In Your Eyes	Move 1:	32 x 2	30 sec.	
	Move 2:	32 x 2	30 sec.	
	Move 3:	32 x 2	30 sec.	
	Move 4:	32 x 2	30 sec.	
	Repeat Moves 1-4	32 x 8	2 min.	

STRENGTH NOW BLOCK CHOREOGRAPHY TEMPLATE (15 min 30 sec)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK # 2 Heathens	Set Up	32 x 2	30 sec.	00:30 "3, 2, 1, Go" to start move 1
	Move 1:	32 x 3	45 sec.	01:15 "3, 2, 1, Go" to start move 2
	Move 2:	32 x 3	45 sec.	02:00 "3, 2, 1, Work" to start move 3
	Move 3:	32 x 4	1 min.	02:30 "Don't Stop" at the halfway point 03:00 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:30 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	04:00 "Don't Stop" at the halfway point 04:30 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:30 "3, 2, 1, Go" to start move 4
TRACK #3 Blueberry Faygo	Move 4:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 5
	Move 5:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 6
	Move 6:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	05:00 "3, 2, 1, Go" to start move 7
TRACK #4 POPSTAR	Move 7:	32 x 3	45 sec.	00:45 "3, 2, 1, Go" to start move 8
	Move 8:	32 x 3	45 sec.	01:30 "3, 2, 1, Work" to start move 9
	Move 9:	32 x 4	1 min.	02:00 "Don't Stop" at the halfway point 02:30 "3, 2, 1, Rest" to stop
	REST	32 x 2	30 sec.	03:00 "3, 2, 1, Power" to start move
	Power Move:	32 x 4	1 min.	03:30 "Don't Stop" at the halfway point 04:00 "3, 2, 1, Recover" to stop
	REST	32 x 4	60 sec.	

TABATA NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #5 Come & Go	Prep	32 x 1	15 sec.	
	Move 1:	32 x 2	30 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Break" to stop
	Move 2:	32 x 2	30 sec.	00:45 "3-2-1 Work" to start Move 2 01:05 "3-2-1 Break" to stop

	Move 3:	32 x 2	30 sec.	01:15 "3-2-1 Work" to start Move 3 01:35 "3-2-1 Break" to stop
	Move 4:	32 x 2	30 sec.	01:45 "3-2-1 Work" to start Move 4 02:05 "3-2-1 Break" to stop
	Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	05:03 "3, 2, 1, Work" to start Move 5
TRACK #6 What's Poppin	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Break" to stop
	Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Break" to stop
	Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Break" to stop
	Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Break" to stop
	Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover" to stop
	REST	32 x 4	1 min.	

YOGA NOW BLOCK (13 min)

SECTION	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK #7 What's Love Got To Do With It	Prep	32 x 1	30 sec.	
	Move 1:	32 x 1	30 sec.	
	Move 2:	32 x 1	30 sec.	
	Move 3:	32 x 1	30 sec.	
	Repeat Moves 1-3	32 x 3	1 min. 30 sec.	
	Move 4:	32 x 1	30 sec.	
	Move 5:	32 x 1	30 sec.	
	Move 6:	32 x 1	30 sec.	
	Repeat Moves 4-6	32 x 3	1 min. 30 sec.	
	Move 9:	32 x 1	30 sec.	
	Move 10:	32 x 1	30 sec.	
	Move 11:	32 x 1	30 sec.	
	Repeat Moves 9-11	32 x 3	1 min. 30 sec.	
	Transition to next Track	32 x 1	30 sec.	
TRACK #8 Nobody's Love	Prep:	32 x 1	30 sec.	
	Move 1:	32 x 2	1 min.	
	Move 2:	32 x 1	30 sec.	
	Move 3:	32 x 2	1 min.	
	Move 4:	32 x 1	30 sec.	
	Move 5:	32 x 2	1 min.	
	Move 6:	32 x 1	30 sec.	
	Repeat Moves 1-6	32 x 9	4 min 30 sec.	
	Transition to end of Track	32 x 1	30 sec.	