Description: Are you looking for something new to bring to your facility? Shape & Flow is an energetic fusion of Pilates, strength training and dance. This class incorporates the Principle of Overload Training for maximum results in little time. Get ready for a fluid and seamless full body workout that includes arm strength, core stability, leg toning, booty sculpting, and muscular flexibility. This class provides a sequel to Shape & Flow 1 with all new music and choreography.

Class Duration: 45 min

Principles: Safe Movements, Stability, Muscular Endurance, Muscular Fatigue, Pilates, Dance, Yoga Fusion, Full-range of Motion Exercises, and Fun Choreography for all fitness levels!

Equipment: Mat & Weights (3 – 5lb hand weights)

Class Structure:

I. Warm up  3-4 min

II. Upper Body: Weights (Light/Medium handweights) 8-10 min
  a. Flow 1: Biceps, Rotator Cuffs, Deltoids
  b. Flow 2: Trapezius, Rhomboids, Triceps

III. Plank & Push Up (Floor) 4-6 min
  a. Full Body Stability- Focus on Pectoralis Major/Minor

IV. Lower Body
  a. Leg: 1st Position & Parallel Squat 4-6 min
     i. Quads/Hamstrings/Hip Flexors/Calves/Hip Rotators/Glutes
  b. Leg: 2nd Position & Parallel Calf Raise 4-6 min
     i. Quads/Hamstrings/Abductors/Adductors/Calves/Hip Rotators/Glutes

V. Lunge / Booty Series
  a. Lunge Combination  4-6min
  b. Bridge Flow (Floor)  4-6 min
     i. Glutes and Hamstrings

VI. Mat Work/Core: Abs & Back  4-6 min

VII. Stretch and Cool Down:  5-6 min

Music: UPBEAT & INSTRUMENTAL MUSIC RECOMMENDED

Other Tools: http://www.all8.com/tools/bpm.htm