

MIX & MATCH 45 MIN CLASS DECEMBER NOW

KICKBOX NOW WARM-UP (5 min)

| SECTION | DESCRIPTION | COUNTS | TIME |
|-------------------------------------|------------------|---------|---------|
| TRACK 1 WARM-UP <i>Wonder</i> | Prep | 32 x 1 | 15 sec. |
| | Move 1: | 32 x 1 | 15 sec. |
| | Move 2: | 32 x 1 | 15 sec. |
| | Move 3: | 32 x 1 | 15 sec. |
| | Move 4: | 32 x 1 | 15 sec. |
| | Transition | 32 x 1 | 15 sec. |
| | Repeat Moves 1-4 | 32 x 4 | 1 min |
| | Transition | 32 x 1 | 15 sec. |
| | Move 5: | 32 x 1 | 15 sec. |
| | Move 6: | 32 x 1 | 15 sec. |
| | Move 7: | 32 x 1 | 15 sec. |
| | Move 8: | 32 x 1 | 15 sec. |
| | Transition | 32 x 1 | 15 sec. |
| | Repeat Moves 5-8 | 32 x 4 | 1 min |
| Transition | 32 x 1 | 15 sec. | |

STRENGTH NOW BLOCK CHOREOGRAPHY TEMPLATE (15 min 30 sec)

| SECTION | DESCRIPTION | COUNTS | TIME | MUSIC CUES |
|---|-------------|--------|---------|---|
| TRACK # 2 <i>My Type</i> | 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 <i>Dance Like Nobody's Watching</i> | 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 <i>Savage (Remix)</i> | 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 |

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|--|--------------------|--------|---------|---|
| | 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. | |

HIIT NOW BLOCK CHOREOGRAPHY TEMPLATE (10 min 35 sec)

| SECTION | BPM | DESCRIPTION | COUNTS | TIME | MUSIC CUES |
|--|-----|-------------------------|---------|--------------|--|
| TRACK 2 <i>Mother's Daughter</i> | 150 | Move 1 | 32 x 2 | 30 sec. | 00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop |
| | | REST | 32 x 1 | 15 sec. | 00:30 – 00:45 Stripped down beat |
| | | Move 2 | 32 x 2 | 30 sec. | 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop |
| | | REST | 32 x 1 | 15 sec. | 01:15 – 01:30 Stripped down beat |
| | | Move 3 | 32 x 2 | 30 sec. | 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop |
| | | REST | 32 x 1 | 15 sec. | 02:00 – 02:15 Stripped down beat |
| | | Move 4 | 32 x 2 | 30 sec. | 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop |
| | | REST | 32 x 1 | 15 sec. | 02:45-03:00 Stripped down beat |
| | | Move 5 | 32 x 2 | 30 sec. | 03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop |
| | | REST | 32 x 1 | 15 sec. | 03:30-03:45 Stripped down beat |
| | | Move 6 | 32 x 2 | 30 sec. | 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop |
| TRACK 3 <i>Made for This</i> | | Repeat Moves 1-6 | 32 x 4 | 60 sec. | 05:15 "3, 2, 1, Go" to start move 1 |
| | | Repeat Moves 1-6 | 32 x 21 | 5 min 15 sec | 05:15 "3, 2, 1, Go" to start Block 2 |

YOGA NOW BLOCK (13 min)

| SECTION | DESCRIPTION | COUNTS | TIME | MUSIC CUES |
|--|----------------------------|--------|----------------|------------|
| TRACK #7 <i>Baby I'm Jealous</i> | 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 <i>OK Not To Be OK</i> | 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. | |