

# Creating Your Class Design:

## How to Organize to Optimize Your Impact

Balancing exercises, transitions, and participant engagement requires skillful organization and planning. By mastering a method of organization, you can optimize your sessions, create a seamless flow, and ultimately deliver exceptional results to your participants that they come to know, love and trust even more!

### Top 5 outcomes when a plan is not thought out:

**Participant Confusion + Frustration:** Lack of clear organization can leave participants confused about the class structure, exercises, or expectations, reducing their overall experience, not to mention they may also feel frustrated and dissatisfied if they perceive the class as chaotic or poorly structured.

**Inefficient Use of Time:** Disorganization can lead to wasted time during class, such as delays in starting, transitions between activities, or an unstructured flow, impacting the efficiency of the workout.

**Safety Concerns:** Poor organization may lead to safety hazards or injuries if participants are not provided with clear instructions, proper equipment setup, or guidance on proper form and technique.

**Lack of Engagement:** Without a well-organized plan, participants may become disengaged or lose interest, affecting their motivation and commitment to the class. Repeated disorganization can erode participants' trust in the instructor's ability to provide a quality experience. Which can overall lead to an instructor and facility to suffer damage to their overall reputation.

**Ineffective Workouts:** Disorganized classes may fail to deliver a balanced and effective workout, potentially leading to unsatisfactory results for participants, falling short of achieving specific fitness or wellness goals, leaving participants feeling unsatisfied.

### 5 ways to level up any class:

1. Clear Objective-Driven Structure
2. Intuitive Progressions
3. Intelligent Transitions
4. Music as a Co-Teacher
5. Planned Back Up Plans

## The Objective.

What class are you planning to teach?

What objectives / goals/ outcomes are the participants going to accomplish + achieve? No more than 3.

How are you going to deliver it? What method/structure will you use (timing, tempo, resistance, reps, pyramid or scientific methodology?)

**Create the structure.**

## The Progression.

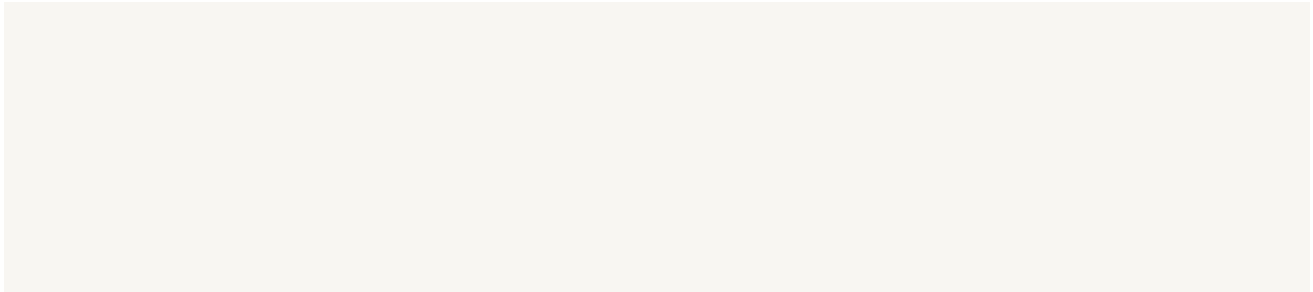
How long is the class?

Who is the participant? (day of week, time of day)

What moves / exercises will you deliver to meet the objective(s)?

What order will you deliver the exercises to meet the objective(s)?

What progressive method(s) will be used to effectively deliver the experience?



**Fill in the structure.**

## **The Transitions.**

1. Progression within a specific movement.
2. Shift / change of an objective within a class.

Transitions require forethought with the overall objective in mind; yet allows for modifications in real time to promote success to any level in any class.

### **3 Ways to Deliver Effective Transitions**

1. Keep them simple.
2. Get up and move.
3. Set up your space for success.

What equipment will you use in your class?

How can you utilize your space?

The magic sauce of any transition? Effective, simple and direct cueing.

**Fill in the gaps.**

## The Music.

What is one word to describe how you want this class to feel?

**Select Songs Strategically:** Choose songs with varying tempos and energy levels that align with different phases of your workout. For cardio-intensive intervals, opt for upbeat and energetic tracks that motivate and energize participants. During strength or resistance exercises, select songs with a steady rhythm to help maintain a consistent pace. Slower melodies work well during stretching or cool-down periods to promote relaxation and reflection.

**Create Playlists with Purpose:** Organize your music playlists based on the specific sections or exercises in your class. Label each playlist according to the workout phase it corresponds to, such as "Warm-Up," "Cardio," or "Cool-Down." This organization will allow you to easily access the appropriate playlist at the right time, ensuring a smooth transition from one phase to another.

**Utilize Music as a Transition Cue:** Leverage the rhythm and lyrics of songs as cues for transitions between exercises. As a particular section of a song plays, it can signal participants to switch to a new movement or wrap up their current exercise. Pay attention to musical breaks, tempo changes, or specific lyrics that can serve as cues for participants to seamlessly transition between exercises.

**Create the energy.**