



## RevX Class Design

### Key Concepts to Remember

#### Pre—Class Organization

- Start on time
- Have equipment ready for use
- Have sign in sheets ready
- Welcome them & show them equipment needed

#### Message

- Set the spiritual intention/tone for the class
- Pray!

#### Warm-Up

- Include dynamic movement
- Use rehearsal moves
- Give clear direction & cues
- Choose appropriate music
- Actively stretch major muscles
- Gently increase intensity

#### Conditioning:

- Work variety of muscle groups
- Provide muscle & movement balance
- Minimize repetitive movements
- Promote interaction & fun
- Demonstrate movement options
- Give a variety of postural cues
- Choose appropriate music
- Teach to their Spirits!
- Encourage & speak life
- Employ good body mechanics
- Be observant
- Give modifications as needed
- Promote Inclusion
- Foster success

#### Flexibility/Cool Down & Prayer

- Stretch major muscles (static stretching)
- Decrease intensity
- Encourage stillness
- Teach the Word
- Be specific
- Choose appropriate music



**Class Format & Objective:**

**Message/Scripture:**

**Warm-Up:**

**Conditioning:**

**Flexibility & Cool Down:**

**Prayer:**