

<p>What to Include in Each Reformer Class</p>	<p>Warm Up Cluster</p>	<p>Get the class moving, get them to prep for more challenging exercises to come, help them tune out and focus on the class.</p>
	<p>Abdominal Cluster</p>	<p>Include 3 – 6 exercises focussing on that area of the body, layered one after the other on the same spring setting and with the same set up and props.</p>
	<p>Upper Body Cluster</p>	
	<p>Lower Body Cluster</p>	
	<p>Full Body Cluster</p>	<p>Require awareness and use of the whole body, control and co-ordination. May require you to stabilise one part of your body whilst you move another. Are generally more challenging exercises (intermediate and advanced).</p>
	<p>Mobility / Stretch Cluster</p>	<p>Finish with stretches or mobility that balances out the class. Either stretching the areas you work or mobilising in directions you haven't yet.</p>

May change the order of these.

How to Make your Class Flow

01. Create Clusters of Exercises for each segment of your class structure

An Exercise Cluster is a series of exercises performed in the one position with the same/similar spring setting. It should include at least 3 exercises.

02. When Planning your class start with your Warm Up Cluster.

Pick your following cluster by trying to have a minimal amount of position, prop and spring changes.

03. Repeat this process for the following clusters in your class Structure

04. When Teaching your classes cue the last few Modifications of the exercise to set your clients up for the next one to come.

Eg. "3 More to go. On this last when press out until both legs are straight and hold...(insert your cues for the start of the next exercise here)
This will help your clients to keep moving through the exercises.

The Essential Pilates Class Checklist.

What to do pre and post class to build rapport and ensure your clients have an amazing experience.

Before Class

- Introduce yourself
- Find our new client name
- Find our something about your client
- Filled in any paperwork / sign waiver
- Told client policies / procedures
- Show client studio amenities (toilet / lockers etc.)
- Introduce to reformer / how to use
- Introduce to other class mates

After Class

- Check in post class to see how they went
- Ask if they have already booked their next class
- Do they know how to book classes?
- Do they know who to contact if they have any questions or issues?

How to Use this Checklist

Go over a class plan that you have written.

Check that you have each of these elements in your class plan.

Assess what elements you feel like are missing from your class plan?

Are you changing springs and changing positions too much?

Once you have done your self assessment see if you can:

01. Add the missing elements to your class plan
02. Reduce your spring changes
03. Make your class flow!

<h2>Class Planning Checklist</h2>	<h3>Key Elements</h3> <ul style="list-style-type: none"> <input type="checkbox"/> Warm Up 3 – 5 exercises <input type="checkbox"/> Abdominals 3 – 5 exercises <input type="checkbox"/> Arm Work 3 – 5 exercises <input type="checkbox"/> Leg Work 3 – 4 exercises <input type="checkbox"/> Full Body Integration 3 – 5 exercises <input type="checkbox"/> Spinal Mobility 1 - 3 exercises 	<h3>Also</h3> <p>Included in each class</p> <p>Client briefing (to build rapport)</p> <p>Modifications / levels for each ability</p> <h3>Consider in each Class</h3> <p>How many times have you changed position?</p> <p>How many times have you changed springs?</p>
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<h3>Self Assessment</h3>	
<p>What elements are missing?</p>	
<p>How could you reduce your spring / position changes?</p>	