



| Class Segment | Song (Title: Artist) | BPM | Time | Philosophy Cue |
|--|--|-----|------------------------------|---|
| Foot Warm Up | Over the Rainbow / Simple Gifts- The Piano Guys | n/a | 4:00 | Explore the freedom of being barefoot. Wiggle your toes, point and flex each foot. Explore your ankle mobility in rock and roll. Elevate onto your landing pad to test your balance . |
| Spinal Warm-Up | Rather Be-Pentatonix | 123 | 3:30 | As you feel the ground beneath your feet, close your eyes & take a deep breath. Reach overhead and feel the energy travel up your spine. Reach for more. Exhale and smile because you know there is no place you'd "Rather Be" than right here, right now. |
| Cardio Legs turnout -Plie, Curtsey & Turnout R & L | willPower Season 4 - Block One | 125 | 14:00 | Challenge yourself in Grand Plie to sit deeper. Push off the landing pad lengthening the legs. Explode up with Power . Feel the toes connect with the floor as you touch down. Sink deeper with Grace . Step out farther, sink lower in Crescendo. Push off and reach overhead with confidence , long, strong and full of power. Look up and see your dreams. Reach for them. |
| Cardio Legs Parallel R & L | willPower Season 4 - Block Two | 125 | 14:30 | Go deep in double squat. Sink lower; lengthen your legs, engage your quads and stand taller. Work it! Feel your heels press together as you lift with Control in Squat Thrust Progression. Use your willpower and smart toes to maintain stability. Fight to keep your ankles from rolling open as you reach overhead; long, strong overhead arms. |
| Cool Down | Free Donavon Frankenreiter | 125 | 2:30 | Congratulate yourself on the work you've done. Accept where you are now, and know that together as a team we will Achieve many great things. |
| Flexible Strength | Angelicus (Morgan Paige Remix) | 112 | 8:00 | Listen to your body during plank switches. Have Patience and Respect where you are right now. |
| Flexible Strength | Say Something- Tiësto | 112 | 4:30 | Challenge yourself with pushups. Believe you have the strength to push yourself up. What if you had to? |
| Story's Claps | Rose Colored Glasses (Energetic Instrumental) Robbins Island Music Group | 110 | 3:30 | Get caught up in this light, whimsical tune while finding length in the arms, and precision in the rotation. Reach up and climb the rope with determination . Smile as the group is pleasantly surprised at how hard they worked. |
| | Class Design By: Cindy Frary Class Theme: Reach For More. | | Total 55:00 | |