

Group Fitness Class Blueprint

Class title: _____

Class purpose: _____

Objective(s): _____

Primary audience: _____

Class duration: _____

Class theme: _____

General format: _____

Equipment: _____

Music: _____

WARM-UP

Duration/ Repetitions	Movement (with Progressions/ Regressions)	Intensity/Zone	Primary Purpose	ACE IFT Model Phase

CONDITIONING

Duration/ Repetitions	Movement (with Progressions/ Regressions)	Intensity/Zone	Primary Purpose	ACE IFT Model Phase

COOL-DOWN

Duration/ Repetitions	Movement (with Progressions/ Regressions)	Intensity/Zone	Primary Purpose	ACE IFT Model Phase