



## Pre-Class Warm Up

- Breathing \_\_\_\_\_
- Gait, Fall Prevention, Agility \_\_\_\_\_
- Speed, Agility \_\_\_\_\_
- Flexibility \_\_\_\_\_
- Cardion \_\_\_\_\_
- Posture \_\_\_\_\_
- Balance \_\_\_\_\_
- Cognitive \_\_\_\_\_
- Combinations
  - Gait, Vocal Projection, Posture \_\_\_\_\_
  - Gait, Speed, Flexibility \_\_\_\_\_
  - Fall Prevention, Cardio, Posture, Balance \_\_\_\_\_

**Routine:** \_\_\_\_\_ **Time:** \_\_\_\_\_

- Gait, Fall Prevention, Agility \_\_\_\_\_
- Speed, Agility \_\_\_\_\_
- Balance \_\_\_\_\_
- Cardio \_\_\_\_\_
- Lateral Stability / Stability \_\_\_\_\_
- Hand-Eye / Dexterity \_\_\_\_\_
- Mental Focus / Memory \_\_\_\_\_
- Combinations \_\_\_\_\_
- Strength
  - Shoulders, Upper / Mid Back
  - Chest
  - Glutes
  - Legs
  - Calves / Ankles
  - Low Back
  - Torso

**Extras:**

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