

Circuit Class

45 min class – 24 person capacity

**BICEP
CURLS**

**TWISTING
SIT-UPS**

**STEP-UPS
(bleachers)**

**HEEL
RAISES**

A. Warm-up: Walk briskly around area 2-3 minutes.

B. Divide group so someone is at each station (max 2 people at each station).

C. Perform each station for 30 seconds and jog 1 minute around perimeter after each station.

D. Repeat circuit

E. Cool down: Walk 2-3 minutes and stretch.

**FRONT &
SIDE ARM
RAISES**

**OVERHEAD
PRESS**

**REVERSE
CRUNCHES**

**WALKING
LUNGES**

**TRICEP
DIPS
(bleachers)**

CRUNCHES

PUSH-UPS

SQUATS

Bleachers

EQUIPMENT: You will need hand weights or elastic tubing to perform front and side raises and overhead press. Hand weights may also be used for lunges, squats, and bicep curls. Boxes/steps may be used for step ups/tricep dips