

“Ten Take Homes”

by Gay Elliott



Hudson, Qc, Canada

- Population base of 5000 people
- 45 minutes outside of Montreal on the banks of the Ottawa river
- 1.5 hrs drive from Ottawa



Aristo-Fit

- Over 200 clients in a group exercise program
- Began 25 years ago
- 3 classes/5 days per week, 7:00, 8:00 & 9:30
- Strength & Cardio based classes
- Age group: 40 yrs-98 yrs.



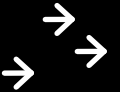
Basic objectives of Aristo-Fit

- Have fun in a safe environment
- Offer a varied program
- Keep clients living independently for as long as possible
- Provide “fun”ctional fitness to enable clients to maintain their activities of daily living
- To educate clients about healthy living.



Have Fun and variety

“The biggest enemy of a group fitness program is boredom.”
George King- Seen below



Provide “fun”ctional fitness

	Mo	Tues	Wed	Thur	fri
7:00*	S	C	S	C	S
8:00	C	S	C	S	C
9:30*	C	S	C	S	C

* 45 minute class

Additionally: Saturday class

S=Strength based

C=Cardio based

Extra's: Walking and cycling in Spring, Summer and Fall

Ski trip to Europe each winter; Hiking trip to Europe each fall



Facility

Large Church Hall

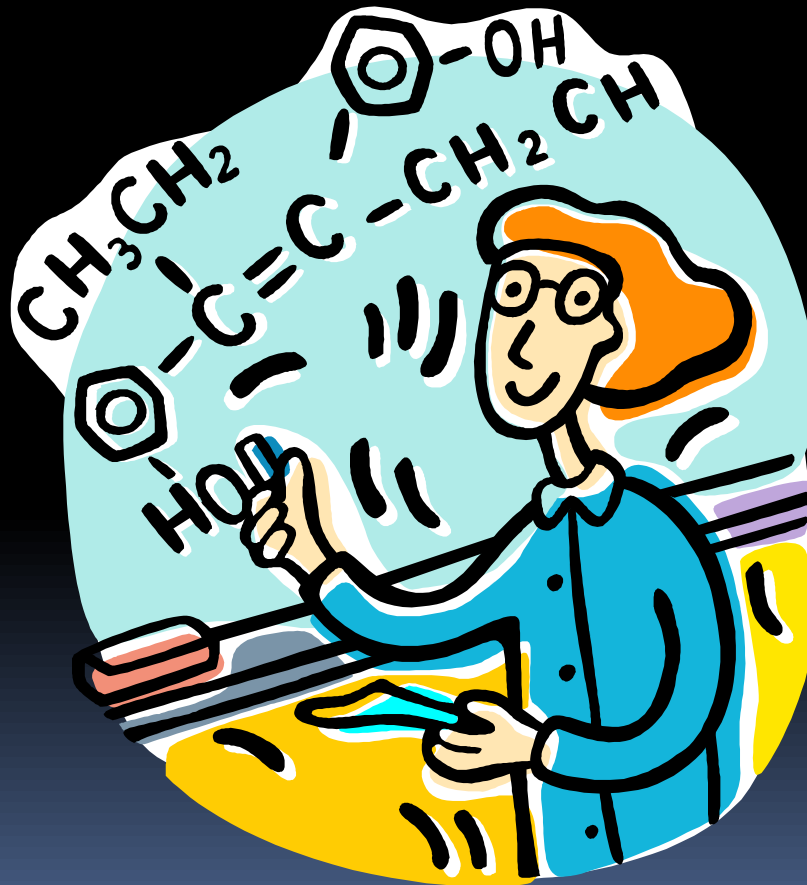


Facility and Equipment (con't)

- *Access to Kitchen and smaller hall*
- *Steps*
- *Stability balls* . *Mats*
- *Free weights* . *gliders*
- *Tubing*
- *Medicine balls*
- *Fit discs*
- *Body bars*

- Average size class: 30-45 participants
- Most registered for 4 times per week
- About 25% male

What is the formula that I use?



Cardio formula

Type of Cardio	Music beats per minute	Time
High/low	125-160 bpm	30 min-55 min
Walking	125-135 bpm	Same
Step	125-135 bpm	Same
Medicine ball madness	125-135 bpm	Same
Circuit	125-135	Same
Intervals		30 sec-1.30 sec

Variations on the formula

- Walking in combination with step
- High/low in combination with anything in yellow
- Split cardio
- Cardio at end of class

Strength training

- Regular weights- 3 sets of each exercise
 - Hvy wts. 1 set to failure
 - Tubing
 - Gliders
 - Body bar
 - Medicine balls
- . Alone/combo's
 - . In groups/circuits
 - . Stable/unstable

Theme Classes



BACK TO
THE 50'S

- Jack O lunges .Drums Alive
- Valentine's day. Maori Dance
- Leap year day
- Golf fit

July 2011

	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	4 All step	5 Gliders&Body bar	6 Walk w wts, 90 sec strenth int	7 PostActiv ation Potent	8 Dbl step	9 Step and bosu
	11 "circuit Circus"	12 H.l.s.T	13 Xxx	14 xxx	15 Gait training	16 Outside walk
	18 50's cardio	19 b.Bar	20 2 step	21 Ab circuit	22 Alt step w lt wts/cardio	23 xxx
	25 Alt lt wts with cardio	26 3 sets reg wts 2 sets Hvy wts 1 set	27 Med ball and hoop	28 Tubing for 2	29 Low step fast pace	30 xxx



Music

We separate our music CD's into:

Aerobic (125-160 bpm)

Mid tempo (130-138 bpm)

Step (125-130)

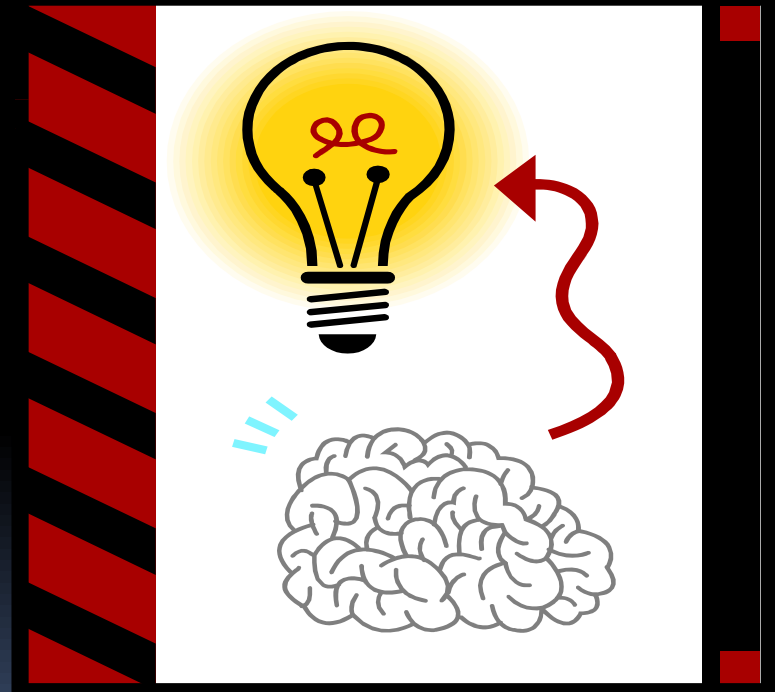
Intervals



Relaxation/stretch/entry music/cool down

Sources

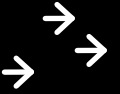
- www.turnstep.com
- www.idealit.com
- Magazines, journals
- Seasons, holidays
- Conferances
- Sleepless nights



Your 10 + take homes



Medicine ball madness



Tubing for two



Walking and step combo



Variations

- Intervals
- Alternating strength/cardio

Walking and Step combo Theme class

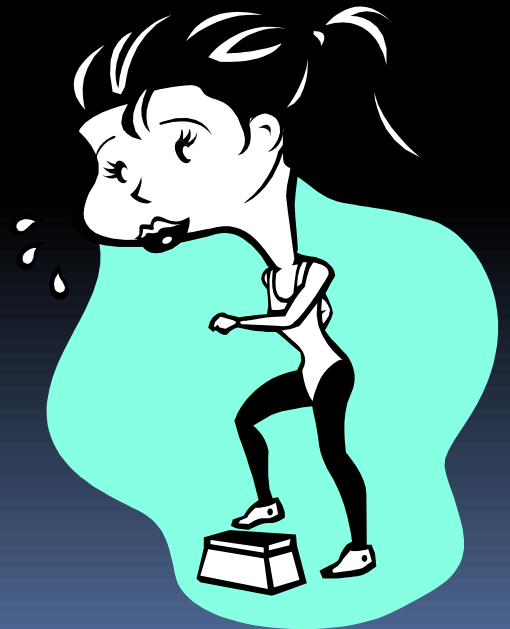


Theme Class (con't)



Variations on a Step Class

- Step with speed intervals
- Step with height intervals
- Cardio with step intervals
- Step and body bar or with intervals
- Step with light weights
- Step with strength intervals
- Low, faster temp step
- Alt. Step and cardio or walking
- Sport step
- Step with glider intervals
- 3,2,1
- "cycle CD's, (combinations)
- Step class with partners
- 2 step
- Step combo's
- Incline Step
- Step and ball



High/Low cardio with high step intervals and strength

Warm up

3 minutes	1 minute	1 minute
High/low Cardio	High step/basic	Lunges r foot on step
	High step/basic	Lunges l foot on step
	Repeaters l	Triceps with sit
	Repeaters r	Stand up/sit down
	March r lead	Plank on hands
	March l lead	Squats
	Straddle fast	Wide Squats
	Lunges side to side	Curl ups

Cool down

- Not necessary to follow beat on intervals
- Option of not using step during intervals

Strength training alternating with cardio



Gait training With intervals and core work



Gliders/body bars



Upper body alternating with lower body strength workout

Lesson plan # 1

3 sets of each exercise/alternating between upper and lower body

- Squats with victories
- Lunges with row backs(r)
- Lunges with row backs(l)
- Wide squats with upright rows
- Dead lifts with laterals

On mat :

- Triceps with bridges

Lesson plan # 2

Lighter weights 2.5 minutes
Hvy wts for 30 seconds

Lighter wts- 2.5 minutes	Hvy wts. 30 sec
Squats	Hold squat
Victories	Hvy weight
Lunges (r)	Hold lunge
Lunges (l)	Hold lunge
Row back (l)	Hvy weight
Row back (r)	Hvy weight
Wide squats	Hold wide squat
Upright rows	Hvy weight
Dead lifts	1 leg dead lifts
Triceps	Hvy weights
Bridges	1 leg bridges

Thank You

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