



Mat 3 Class Design with Props

Build a Mat 3 class using 1 - 3 props. Create 4 Movement Arcs to build out your class.

Class Theme:

Each of the four quadrants below represent a Movement Arc. Together, they create a well-rounded class experience. Individually, they offer a movement opportunity that is organized, has flow, and teaches functional movement skills. Each of these 'movement arcs' are one part of the overall cadence and organization of a class.

The ARCS include the warm-up – Setting the Foundation; the initial challenge – Building the Skills; a peak challenge(s) in both movement complexity and effort – Challenging the System; and finally a cool-down – Bring It Home.

- Less props are easier to handle and program. Program 3-6 exercises per section, you are not required to fill each row.
- It is okay to do some exercises without props and some using props
- Think about flow as you sequence your movement arc, incorporate pre-Pilates Essentials as well as Pilates Exercise into your class.

1. PROP	<u>Setting the Foundation</u> Core/Trunk Integration	2. PROP	<u>Building the Skills</u> Lower Body Training & Upper Body Training
3. PROP	<u>Challenging the System</u> Whole Body Training	4. PROP	<u>Bring it Home</u> Dynamic Flexibility