



# **The Art of Class Design**

## **Teacher Training**

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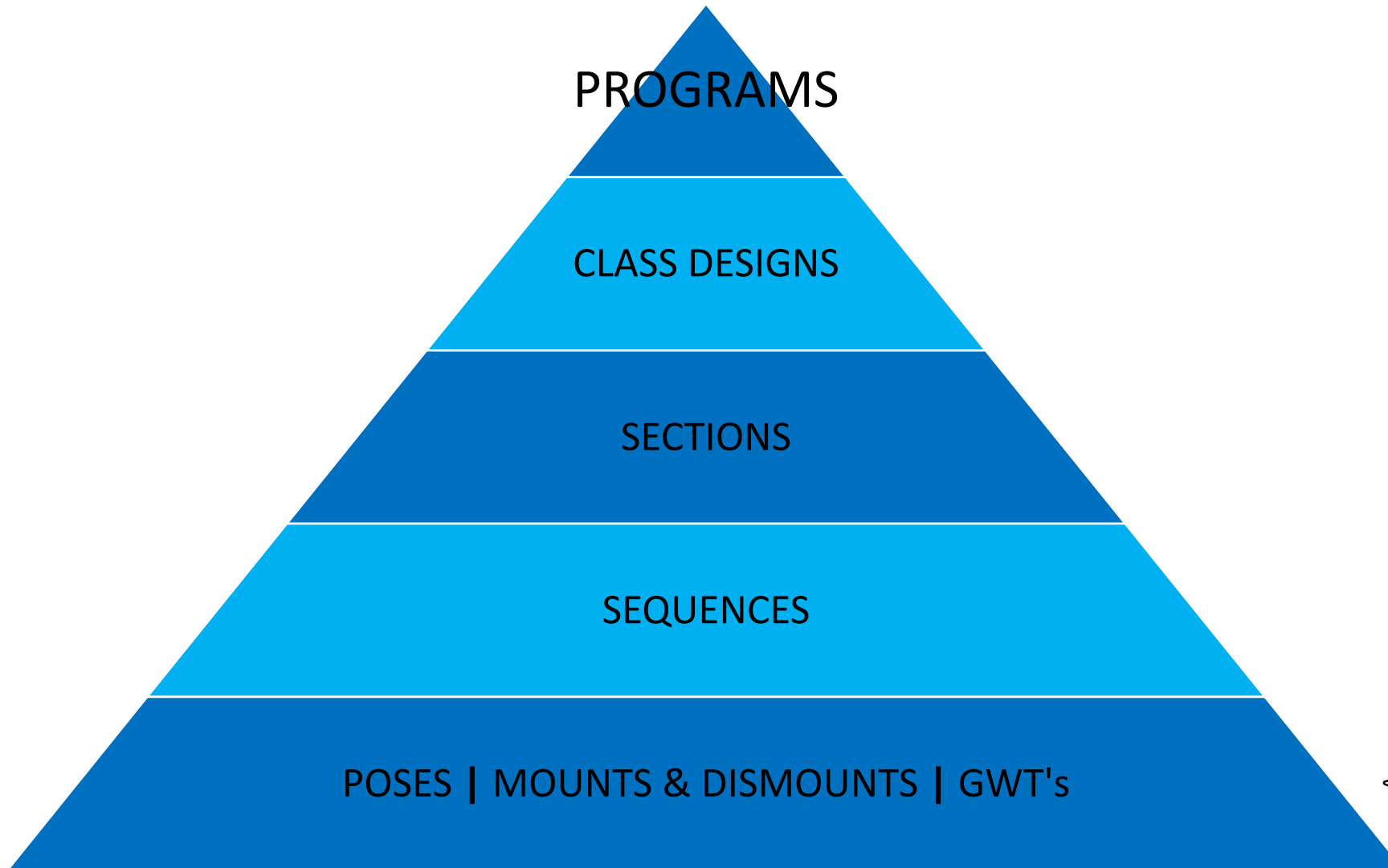


### DAY SCHEDULE

- 8:30am** Introductions, Orientation, Understanding Class Design, Class Essentials, Creating a Well-Rounded Class
- 9:15am** Master Class
- 10:30am** Q&A
- 10:45am** Progression Activity
- 12:00pm** Lunch
- 12:30pm** Class Flow & Transitions, Mixing & Matching, Focus or Theme of Classes
- 1:30pm** Group Activity: Creating a Class Design Using a Template
- 2:30pm** FLY HIGH!!!



# AntiGravity® Fitness Technique Structure



# What is ART?

**ART** is a diverse range of human activity and results in a product that involves a journey of both the psyche and the physical body.

**ART** involves creative or imaginative talent expressive of technical proficiency, beauty, emotional power, or conceptual ideas.

**ART** is a skill at doing a specified thing, typically one acquired through practice.





# What is the ART of Class Designing?

## Consider “HOLISM”

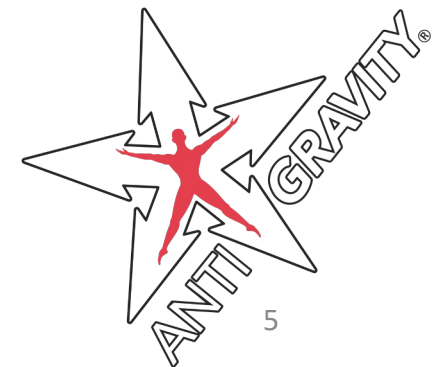
“Holism” usually refers to the idea that a whole is greater than the sum of its parts.

### ASK yourself:

- What do I want to *share*?

### Then CHOOSE:

- What sequences will *support*?
- How will I *color* each section?
- What transitions will *connect*?
- What words may *inspire*?



# Why is Class Design Important?

Instructor & Student Success = Empowered, Inspired, Healthy Body/Mind

Retention & Growth = Financial Profit

Empowered, Inspired, Healthy and Profitable = JOY



# Understanding Class Design: The Sections



- Establish Presence
- Inversions
- Grounding Awareness
- Mobility
- Flexibility
- Strength
- Swinging
- Flips / Tricks
- Resting



# Understanding Class Design Approaches

## Traditional

- Warm-Up
- Strength, Stretch & Cardio
- Cool-Down

## AntiGravity

- Establish Presence, Inversions, Mobility
- Strength, Flexibility, Swinging, Flips & Tricks
- Inversions, Mobility, Flexibility, Resting

## Goal Supportive Results

- Health Body and Mind (inspired, strong, agile)
- Balanced Body and Mind (homeostasis, happiness)



# Class Design Essential Elements

- Intro
- Outro
- Establishing Presence
- Inversions
- Signature Sequences
- Swinging
- Cocoon
- Principles
- Philosophy
- AG Premise





# The Signature Sequences



## What are they?

Foundational sequences that are repeated with a variety of progressions in several programs.

## Examples

- Spiderman
- Sun Salutation
- Gyro
- Ski Jumper
- Harrison Handstand



# Cardiovascular Elements



## Inversions

- Increase blood flow
- Minimize pooling

## Strength Building

- Inherently increases cardiovascular activity

## Mobility, Flexibility, & Swinging

- Instability factor: stabilizing to balance the AntiGravity Hammock
- Class Flow: rhythm for raising and lowering



# Maximize Cardiovascular Elements



Maximum intensity is the delivery of the greatest possible effort in the unit of time. Therefore, it is a concept applicable to any type of physical exertion.

## How to increase Intensity?

**Volume:** Pose or sequence ( 3-5x ), add another pose or sequence ( 3-5x)

**Repetition :** number of poses and sequences in succession will increase intensity.

**Rhythm:** Quality of movement slow vs. fast

Example let's discuss basic tugs and tug jacks.



# Class Objective

Take class as an AG Instructor

## LISTEN:

- GWT
- Pose Name
- Principle

## NOTICE:

- Drills
- Modifications
- Variations

## GET CURIOUS:

- Signature sequences
- Fusion of programs
- Thematic concepts



# An AntiGravity Fusion Master Class

**Class Design:** Resilient, Strong, and Flexible





# Q & A

Questions

Comments

Courses

AHAs



# Creating a Well-Rounded Class

## Balanced Sequences

- Establishing presence
- Inversions
- Strength
- Flexibility
- Agility
- Cardio
- Mobility
- Gyrokinetic

## Dynamic Variety

- Swinging vs. Static
- Aerial vs. Grounded
- Inversion vs. Upright
- Open vs. Closed Hammock
- Gripping vs. Supported
- Cardio vs. Resting
- Holding vs. Pumping

## Repetition vs. Fun

- Dizziness Factor
- GWT Fatigue
- Inversion Timing
- Muscle Fatigue



# How to Meet any Student Level

Sequences can be adapted for different progressions

## Drills

A repetition of poses to build strength or flexibility.

## Modifications

An additional step or change to a pose or sequence to make accessible.

## Variations

A quality change or addition to a pose or sequence to build strength or flexibility.





# LUNCH BREAK



Upon return we will discuss class flow, mixing and matching and concept and theme driven classes

Do you all know what time to return?





# Class Flow



## **TIMING**

- Demonstrations
- Transitions
- Repetitions
- Inversions

## **BALANCE**

- Talking
- Doing
- Vocal Dynamics

## **IMPROVISATION**

- Spontaneity
- Decision making on the fly

## **MUSIC**

- Sound vs Silence
- Music Styles
- Soundscapes
- Lyrics vs. Instrumentals





# Mixing and Matching: Borrowing Poses and Sequences



✓ From other Class Designs

✓ From other AG Programs

~~From Outside Sources~~

# Focused Classes: Concept Driven



## Examples:

- Music Style
- Core Focus
- Back Bending
- Breathwork
- Summation Sequence (Peak Pose)
- Choreography
- Philosophical
- Combination of the above list

# Focused Classes: Theme Driven



## Holiday or Occasion

### Examples:

- Solstice
- Earth Day
- Valentines
- Halloween
- Birthday
- Summertime





# Class Design Template (60 min.)

## CLASS DESIGN TEMPLATE (60 min)

<b>ANTI GRAVITY PROGRAM</b>	<input type="checkbox"/> FUN1&2 <input type="checkbox"/> Aerial Yoga <input type="checkbox"/> Suspension Fitness <input type="checkbox"/> Restorative Yoga <input type="checkbox"/> AIRbarre <input type="checkbox"/> Pilates <input type="checkbox"/> Just Kids
<b>CLASS DESIGN NAME</b>	
<b>CLASS LEVEL</b>	<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> Open
<b>THEME</b>	

## CLASS INTRODUCTION

### SECTION: ESTABLISHING PRESENCE

SEQUENCE:	Principles & Philosophy	Time	Music
GWT:			
CUES/ SCANS / SPOTS:			Drills/ Modifications/ Variations:



# Class Design Template

SECTION: 1 <sup>ST</sup> INVERSION			
SEQUENCE:	Principles & Philosophy	Time	Music
GWT:			
CUES/ SCANS / SPOTS:			
SECTION: <input type="checkbox"/> MOBILITY <input type="checkbox"/> STRENGTH <input type="checkbox"/> FLEXIBILITY			
SEQUENCE:	Principles & Philosophy	Time	Music
GWT:			
CUES/ SCANS / SPOTS:			





# The Premise of AntiGravity Fitness

*In Life, Hidden in the forces that pull us down is the energy to lift us up.”*

~Christopher Harrison



# WHAT IS NEXT?

- **PRACTICE PRACTICE PRACTICE**
- **REVIEW AGDA**
- **Remain Certified**
- **Take New Courses**
- **Take Advanced Trainings**



## FLY HIGH !!!

