

Build Confidence and Purpose with Pilates

Season 2 · Episode 9 · Class Plan Template · Tania Huddart

You don't have to teach five different classes at once. Teach one class well, with a few doors in it. Start each exercise with the simplest version for two or three repetitions, then offer the next. Let people choose the level that's right for them today, and make it safe to step back.

Class

Date

Focus for this class

One thing: breathing, balance, the spine, or an exercise you're working towards. You don't have to announce it. It gives the class a thread.

Section	Exercises	Simplest version	Next options
Warm-up 10–15 min <i>Plan this last. Start with the feet.</i>			
Abdominals 5 min			
Rib cage, arms, shoulders and legs 20–25 min			
Spinal motion 10 min <i>Every direction: bending, extending, turning, side bending.</i>			
Integration 5–10 min <i>One bigger exercise that pulls it all together.</i>			
Cool-down 5 min			

To make it easier

- Break it into pieces. Teach each piece, then put them back together.
- Shorten the levers: bend the knees, or bring the forearms down.
- Props: a folded towel under the head, a ring, a foam roller.
- Slow it down, without losing the rhythm or the flow.
- On the reformer, a heavier spring gives more help.

For the person ready for more

- Change the position, for example from lying on the back to hands and knees.
- Go from two legs to one, or two arms to one.
- Add something wobbly, like a ball or a foam roller.
- Close the eyes, if it's safe.
- Put two movements together.
- On the reformer, a lighter spring means less help and more control.

Before you teach it

- ☐ Do what you need to do in one position before you move on. Too many changes of position feel disjointed.
- ☐ Think about how you get from one exercise to the next. Smooth transitions give a class flow.
- ☐ Check springs and straps before anyone starts. If you see something that could hurt someone, cue for safety straight away.
- ☐ If you're running short of time, don't rush. Leave something out. They don't know what you planned. Save it for the next class.

After class: what worked, and what would I change?

From Teach Pilates with Confidence by Tania Huddart · taniahuddart.com