SLOW SCULPT & STRETCH CLASS FRAMEWORK

This format is intended as a general framework rather than a prescribed sequence. Timing is approximate and can shift depending on the focus of the class and the needs of the students. The overall goal is to combine mindful strength training, core stability, balance, and mobility at a slower, more intentional pace than our regular circuit-style Sculpt & Stretch classes.

1. Centering, breath & core awareness | approximately 5–10 minutes

Seated, standing or reclined. This might include breath awareness, pelvic floor engagement, pelvic tilts, spinal articulation, abdominal and glute activation, and gentle yoga-inspired mobility. Light resistance using bands or weights can be introduced where appropriate.

2. Functional strength & controlled movement | approximately 20–25 minutes

This is the primary strength-building portion of the class, incorporating weights, resistance bands and bodyweight exercises. The emphasis is on form, alignment, stability and controlled movement rather than speed or circuit-style intensity. Movements might include:

- Squats, lunges, deadlifts and other functional lower-body exercises
- Rows, presses and upper-body strengthening
- Core stabilization and integrated full-body movements
- Familiar yoga poses adapted into progressive strength exercises

We encourage teachers to build on familiar yoga positions where appropriate, gradually introducing resistance and increasing the challenge. For example, Chair Pose might progress into bodyweight squats, then squats with a resistance band or weights.

Allow time for students to explore proper movement mechanics, adjust their resistance and work at a pace that supports both strength and control.

3. Balance, stability & integration | approximately 5–10 minutes

Static or dynamic balance work that integrates core engagement, posture and functional strength. This might include Tree Pose, single-leg stability exercises, controlled weight shifts, standing core work or balance challenges with light resistance. Balance exercises can also be incorporated throughout the strength portion of the class rather than taught as a separate section.

4. Mobility, stretching & closing | approximately 5 minutes

Gentle stretches and mobility work focusing on areas engaged during the class. This might include hip flexor and hamstring stretches, glute and shoulder opening, spinal twists, forward folds and a brief centering or relaxation. Mobility and stretching can also be woven throughout the class, allowing students to release tension between strength exercises.

The class should retain an organic, adaptable feel, with teachers adjusting exercises, resistance and pacing based on the students in the room. While the class incorporates weights and meaningful strength training, the emphasis remains on mindful movement, good form and a steady, supportive pace.