

ACTIC ACADEMY



Actic Guideline
Group training classes

Version 2017:1

ACTIC Guidelines to Group training and Spinning

ACTIC is offering a wide variety of group training – there's something for everyone. Our goal is for every member to practice group training in some form, because then we know they stay longer as members.

As a group training instructor in ACTIC you shall follow the specific class guideline to make our members recognize them self's regarding to what gym they are visiting.

To prevent accidents, and make our members training remains efficient and safe – it's important that you follow each class guideline. This is also to make sure Actics insurances cover any eventual accident or injuries in our classes.

Actic Guideline is a tool to inform you about what group training classes we offer our members. If you lack any information or need help to interpret and understand the information in this guideline - please do not hesitate to contact Actics group training support for the country:

Sweden: sofia.wallén@actic.se
maria.hjelm@actic.se

Norway: magnus.johansen@actic.no

Germany/Austria: alexandra.frey-difflipp@acticfitness.de

Finland: maria.hjelm@actic.se



How to create a fully loaded class:

Before the class:	Be in place 15 minutes before the class and welcome everybody with “LÖN” (Leende, ögonkontakt, nick) English: “SEN” (Smile, eye contact, nod)
During the class:	Present yourself and give a short description of the class. Inspire the whole group and try to see everyone. Help every member to feel safe and comfortable.
After the class:	Give brief information about the upcoming events at the gym. Thank everyone and welcome them back next week. Talk and answer questions from members at least 10 minutes after the class if possible.

Success in the class room

Choreography	To create the magic you need to know your choreography really good.
Technique	Be role model in every exercise preformed on “stage”.
Coaching	Prepare what, when and how to inform the participants during the class.
Connecting	Be in the moment every second of the class.
Fitness Magic	Create a unique experience for your participants in every class, every time.

Actic core values

Our members are always our focus and all group fitness instructor strives to deliver a positive and magical training experience in every class, every day. Actic's group fitness instructors perform and deliver to exercise class along Actic's five core values.

PERSONAL

By being welcoming, friendly and treat each guest as unique, you create a personal dialogue. When you remember members name it will contribute to the feeling of a personal atmosphere. It makes every guest feel seen and well treated. All people are different. Have different needs and conditions. Therefore listen, understand and adapt ourselves and always give individual advice.

How can you be more **personal** with our member on a group fitness class?

INSPIRING

Your energy is contagious and inspires. If you are energetic you give our members the power and desire to train. It contributes to what we want achieve that Actic's environment and atmosphere is inspiring. For the same reason, we take responsibility for ensuring that the facility is clean, fresh and that everything works. We are actively working to create a positive feeling through the caring and personal approach. Inspiration is at it's purest joy. It'll be so fun and inspiring to train on Actic. Each member must long for his next visit. Then you get your confirmation that you have been inspiring.

How can you be more **inspiring** with our member on a group fitness class?

ACTIVE

As our name breathe is the foundation of our activity Operation. You make a difference by being constantly attentive, make the effort, to have energy and be proactive. On Actic we are committed and fighting alongside our members in their training. We take the initiative, pepper and looking to create good opportunities. We give every guest the best conditions are available on the system. Furthermore, we engaged in the local community. We are actively working to Actic should be the natural meeting place for everyone training.

How can you be more **active** with our member on a group fitness class?



PROFESSIONAL

We are professional means that we know what we are talking about. Our guests can rely on our advice and our expertise. Because it is important that we act as professional individuals we are. When you convey relevant knowledge of exercise do you do picture of us credible. Since knowledge, as well as the training is perishable, we aim at Actic always looking for new knowledge. We are looking for purposeful information that we can have the benefit of meeting with our guests.

How can you be more **professional** with our member on a grout fitness class?

RESPONSIBLE

Acting responsibly in our world are doing their best to contribute to a better business and to the good atmosphere. Being able to see the big picture and take responsibility for it. It is to be helpful and see what needs to be done in each situation. It may mean that perform tasks that are beyond the defined role. To give and receive constructive criticism is important part of developing the business and their work. When You and all the other acts responsibly, we are working together a strong team, ready to welcome and support our guests to exercise that delivers outstanding results. We are responsible representatives Actic.

How can you be more **responsible** with our member on a grout fitness class?

Our three categories of classes

CONCEPT CLASSES:

Actics own pre choreographed classes which releases 3 volumes per year.

More detailed information about our concept classes is to be found on the last page.

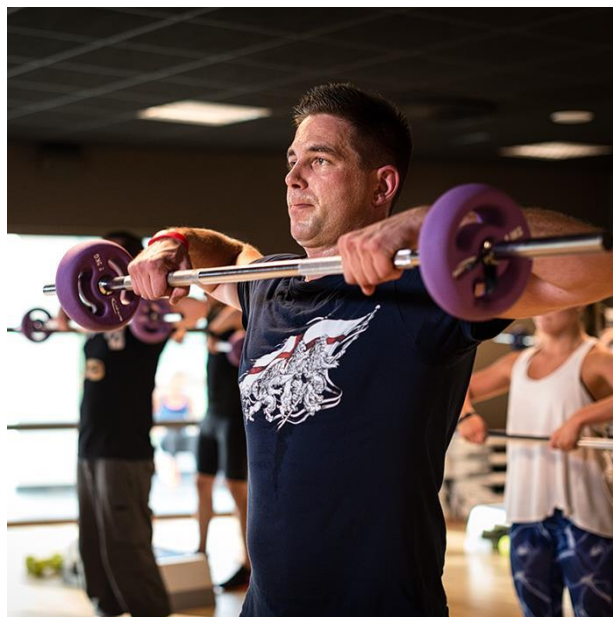
GUIDED CLASSES:

Classes with a certain layup:

- 1) Track-by-track-based, where every track/song represents a different focus. The instructor chooses their own music and choice of exercises if it's not mandatory movements.*
- 2) Time-based group exercise classes with time intervals and workouts focus on classes. The instructor chooses their own music and choice of exercises if it's not mandatory movements.*

FREE CLASSES:

The instructor follows the recommended time intervals on each class but is free to choose their own choreography and music.



Guidelines for music management

Music is a big part of our members experience in group fitness classes. For our classes, regarding the management of music, see down below.

CONCEPT CLASSES:

Music for Actic Concept Classes is available at Swedebeat for 90 days after a new volume has been released. Group Training Manager or Site Manager is able to purchase and download these classes for use at the facility.

GUIDED CLASSES:

Instructors who are making their own group training classes, according to our guidelines, can buy their music on for instance iTunes.

The app from Swedebeat is efficient and good to use for playing music. You can create your own playlists and use the bpm function to adjust tempo in each song.

FREE CLASSES:

Instructors who are making their own group training classes according to our guidelines can buy their music on for instance iTunes.

The app from Swedebeat is efficient and good to use for playing music. You can create your own playlists and use the bpm function to adjust tempo in each song.

GOOD TO KNOW:

As an employer at Actic you have a nice discount on a number of training cd's at Swedebeat. Go in to their website to purchase music at your own expense.
www.swedebeat.com

Information about our Senior (60+) classes

Purpose:	Increase and improve our seniors condition and coordination, strength and balance. Also improve body awareness and posture.
Target:	Seniors +60 or people with reduced physical capacity.
Room:	Group training, outdoor, gym or swimming pool
Equipment:	Optionally
Timeline:	30, 45, 55 minutes (depending on which class)

Class type	Guidelines
Senior ATC	Use our ordinary guidelines and adjust it by customize music and volume, exercises and the intensity.
Senior Challenge	Use our ordinary guidelines and adjust it by customize music and volume, exercises and the intensity.
Senior Aqua	Use our ordinary guidelines and adjust it by customize music and volume, exercises and the intensity.
Senior Dance	See guidelines below
Senior Fitness	See guidelines below
Senior Spinning	Use our ordinary guidelines and adjust it by customize music and volume, exercises and the intensity.
Senior Yoga	Use our ordinary guidelines and adjust it by customize music and volume, exercises and the intensity.
Zumba® Gold	External class that requires a licensed instructor

Studies show that it's never too late to start exercising. The older we get the more impaired our body functions get.

Regarding to age or physical background, working out reduces the psychic and physical changes that are ageing. Both men and women have good possibilities to improve strength, cardio, stamina, balance and flexibility up to high age.

Cardio vascular training minimizes the risk of heart disease. And weight training increases the muscles strength that affects our everyday life.

Our seniors also train due to the social factor that improves their self-confidence and gives a positive influence mentally.

Concept classes that can be used to our senior members:

- Actic Workout (with the easier options as shown in the instructor movie or in the outline of the current volume)
- Actic Dynamic Flex
- Actic Core (be sure to show both the easier option as well as the tough – preferable without the weight the whole class)

Information about our Mama classes

- Purpose:** Increase and improve pregnant/new moms condition and coordination, strength and balance. Also improve body awareness and posture.
- Target:** Pregnant and new moms. Dads and babies are also welcome.
- Room:** Group training, outdoor, gym or swimming pool
- Equipment:** Optionally
- Timeline:** 30, 45, 55 minutes (depending on which class)

Class type	Guidelines
Mama Aqua	Use our ordinary guidelines and adjust it by customize music and volume, exercises and the intensity.
Mama Fitness	Mama Fitness is the common name for this class. The layup or class structure can shift from week till week. Under this class name you can do any of our concept classes, Challenge by Actic, ATC, Tabata by Actic etc. It's first when you have a water class you should name the class Mama Aqua or when you're focusing on mindfulness as you'll use Mama Yoga. Otherwise it's Mama Fitness.
Mama Yoga	Use our ordinary guidelines and adjust it by customize music and volume, exercises and the intensity.

- Try not to have gravity based jumps, forcing you to work your pelvic pressure.
- Use exercises that allow the mothers to stay within the bodies lines to minimize pressure on the hips.
- If they have their babies with them, keep lower volume on the music.
- The babies are optional to be used in the class layup.
- When working the abs, use mainly static exercises.

Concept classes that can be used as Mama Classes:

- Actic Workout (with the easier options as shown in the instructor movie or in the outline of the current volume)
- Actic Spinning
- Actic Dynamic Flex (with some easier options – feel free to laborite after need)

Suggestion for lay up on a Mama Fitness class:

Activity	Time	To think about	Other
Warm up	10 minutes	Low impact with easy and controlled movements and steps. Avoid cross steps and jumps.	Tempo 130-135 bpm Keep the volume of the music in mind during the whole class!
Cardio	15-20 minutes	Easy movements and steps. Use one song at a time and increase intensity as you go along. Low impact movements are preferred.	Tempo 130-140 bpm
Strength	10 minutes	Focus in to strengthen our pelvic and core. Choose easy exercises that target everyone and that connects with the inner core.	Here the babies start to get a little restless. Try to involve them in the exercises by using the babies as weights. Tempo 120-130 bpm.
Cool down/Stretch	5 minutes	Stretch carefully and don't fully extend the movements.	Let the babies be held in the mother's arms and have a slow tempo in music.

During pregnancy tendons and ligaments softens and stretches and moves the center of gravity. Pregnant women shall therefore be careful during stretch and avoid exercises that require a lot of balance.

Level of education on the GTI

Certified external education
Lic. Personal Trainer with GT-experience
Lic. GT-instructor in collaboration with a PT

Recommended progress for Employment

Interview
Audition for staff and members

Information about our Outdoor classes

Purpose:	Increase and improve our members condition, coordination, strength, balance, improve body awareness and posture in an outdoor scenery
Target:	All members
Room:	Outdoor
Equipment:	Optionally
Timeline:	30, 45, 55, 75, 90 minutes (depending on which class)

Class type	Guidelines
Outdoor Challenge	See guideline for Challenge
Outdoor Bootcamp	See guideline below
Outdoor Running	See guideline below

You can also have other classes outside that don't require any specific equipment. Just choose "Utomhus" as the class room while register the class in our booking system.

Good to know:

- For outdoor classes were you and your participants leave Actics facility and surroundings you should always have a firm position set – and this information/position shall be left with the gym staff if something should happen.
- For those instructors that leaves Actics surroundings (for instance during the running class) – these instructors must have some way of contacting the gym if something happens. Bring a cell phone!
- Always prepare a risk analyzes for any event or exercise you choose, and always follow the group wherever they go off to.
By following the group Actics insurance will cover any accidents or injuries that might happen.

Concept classes that can be used as Outdoor Classes:

- Actic Workout
- Actic Core

Information about Happenings

Purpose:	Through one specific opportunity give a class with a different approach than usual, like a music theme, more technical training or a class designed for a certain specific occasion weekend like New Years Eve or Valentine's Day.
Target:	All members
Room:	Gym, group training room, spinning, outdoor, swimming pool
Equipment:	Optionally depending on which class
Timeline:	30, 45, 55, 75, 90, 120, 150, 180 (depending on which class)
When:	We're launching an upcoming class, notice an occasion weekend, an anniversary, a guest instructor etc
How often:	A maximum of 1 time per month
To think about:	<p>With every Happening there shall be a clear purpose which creates value for our members and an opportunity to strengthening Actics brand.</p> <p>Every center with a load factor under 50% shall schedule the Happening on an existing class. For instance: every Friday at 16.30 there's a Spinning class, but the last Friday in December we're changing it to a music themed class; "After ski". For this you don't need to change the class in Exerp to Happening, you just advertise it at the gym and on social medias.</p> <p>In consultation with your CM/PC and AM/RC, centers with higher load factor than 50 %, may ask for more hours to hold Happenings. For instance: the Friday evening spin class will be held by two instructors. By using two instructors the class will "cost" 2 hours in the budget. For this you may or may not change the name in Exerp, and regarding on which, you always advertise it at the gym and on social medias.</p>
Important:	<p>It's not allowed to make up new classes or class names and advertise it on for instance Facebook and Instagram. This because:</p> <ul style="list-style-type: none">• We don't own the class name and it could be a name that's name protected• We can't advertise about something our members can't find on our website• We can't advertise about something we can't put on a regular schedule, meaning that we don't want to create a demand we can't fulfill
Bigger events:	For classes outside Actics guidelines and range, an application can be emailed to Actics group training manager; maria.hjelm@actic.se or Actics group training expert; sofia.wallén@actic.se

Aerobic

Free Class

Focus: Cardio, Coordination
Purpose: Further develop the participant's condition, coordination and polish technique.
Target: Beginners and experienced exercisers.
Room: Group training
Equipment: None

Timeline 55 minutes:

Activity	Time	To think about	Other
Warm up	10 minutes	Low impact with easy and controlled movements and steps. Avoid cross steps and jumps.	Tempo 135-140 bpm
Cardio/choreography	40 minutes	Moderate steps that starts off low impact, that increases in intensity and turns into high impact steps. Tell the names of the classical aerobic steps and point out technique.	Tempo 135-145 bpm Adjust the choreography to the group. Start with basic steps and develop them to more a technical challenge.
Cool down	5 minutes	Big movements turn into smaller movements.	Tempo 120-135 bpm Choreograph a song for instance.

Timeline 30 minutes:

Warm up: 5 minutes
Cardio/choreography: 20 minutes
Cool down: 1-1,5 min cool down/stretch

Timeline 45 minutes:

Warm up: 10 minutes
Cardio/choreography: 25-30 minutes
Cool down: 5 minutes

Level of education on the GTI

Certified external education

Recommended progress for Employment

Interview
Audition for staff and members

Aerobic Dance

Free Class

Focus: Cardio, Coordination
Purpose: Further develop the participant's condition, coordination and polish technique.
Target: Experienced exercisers
Room: Group training
Equipment: None

Timeline 55 min:

Activity	Time	To think about	Other
Warm up	8 minutes	Low impact with easy and controlled movements and steps. Avoid cross steps and jumps.	Tempo 135-140 bpm
Cardio/choreography	35-40 minutes	Medium advanced choreography for 4 blocks. Start easy than increase intensity and make it gradually more difficult. Add turns and jumps for instance, and mix low and high impact steps with dance moves.	Tempo 135-145 bpm Make sure to always show alternatives or/and an easy version.
Cool down	3 minute	Big movements turn into smaller movements.	Tempo 120-135 bpm Choreograph a song for instance.

Timeline 45 minutes:

Warm up: 5 minutes
Cardio/choreography: 30-35 minutes
Cool down: 3-5 minutes

Level of education on the GTI

Certified external education

Recommended progress for Employment

Interview
Audition for staff and members

Afro

Free Class

Focus: Cardio, Coordination, Flexibility
Purpose: Workout the participant's coordination and condition using African inspired movements preferable performed barefoot.
Target: Beginners and experienced exercisers
Room: Group training
Equipment: None / Performed bare foot

Timeline 55 minutes:

Activity	Time	To think about	Other
Warm up	10 minutes	Low impact with easy and controlled movements and steps. Avoid cross steps and jumps.	Tempo 135-140 bpm
Cardio/choreography	40 minutes	Do a choreography containing of easy step combinations for 3-6 blocks. Mix low and high impact afro steps.	Tempo 135-140 bpm Work with different levels to create a dynamic in the choreography. Up high and down low.
Cool down	5 minutes	Big movements turn into smaller movements. If you danced bare foot, take the time to stretch and role your feet a little.	Tempo 120-135 bpm

Timeline 45 minutes:

Warm up: 10 minutes
Cardio/choreography: 30 minutes
Cool down: 5 minutes

Timeline 30 minutes:

Warm up: 10 minutes
Cardio/choreography: 15 minutes
Cool down: 5 minutes

Level of education on the GTI

Certified external education

Recommended progress for Employment

Interview
Audition for staff and members

Actic Training Circuit (ATC)

Guided Class

Focus: Strength, Cardio, Interval
Purpose: Workout the whole body with functional exercises, both strength and cardio.
Target: Beginners and experienced exercisers.
Room: Gym
Equipment: What the center has its ATC-area

Timeline 45 minutes:

Activity	Time	To think about	Other
Presentation and Exercises	5 minutes	Be in good time for the equipment to be placed in position. Walk the participants through all of the exercises and show alternatives if possible.	Talk briefly about technique and choose the most important thing to point out with every exercise.
Warm up	5 minutes	Warm up can be done in many ways. Fun games or exercises in pairs. Not too advanced and complicated.	If you're able to have music pick energizing music with a steady beat.
Circuit	Ca 25 minutes	2 persons per station, 8-12 stations. 45 second workout 15 second rest while changing stations. Max 3 laps. Mix strength and cardio exercises.	Keep in mind that there are other members working out simultaneous in the gym; try to keep your circuit tight to not disturb other members too much. Keep the volume on the music in mind.
Cool down/Stretch	5 minutes	Let them lower their pulse a little before stretch. Focus on stretching the bigger muscles first and the smaller if you have time.	Soft or no music.

Timeline 30 minutes:

Presentation and exercises: 5 minutes
 Warm up: 5 minutes
 Circuit: ca 15 minutes (max 2 laps)
 Cool down/Stretch: 5 minutes

Timeline 55 minutes:

Presentation and exercises: 5 minutes
 Warm up: 5 minutes
 Circuit: ca 40 minutes (max 4 laps)
 Cool down/Stretch: 5 minutes

Level of education on the GTI

Actic Academy GT-education ATC/Challenge

Recommended progress for Employment

Interview
 Audition for staff and members



Aqua by Actic

Guided Class

Focus:	Strength, Cardio, Interval, Coordination, Flexibility, Senior, Mama, Aqua
Purpose:	A workout for strength, cardio, coordination and flexibility.
Target:	Beginners and experienced exercisers. We also recommended Aqua for those with injuries.
Room:	Swimming pool (deep water or shallow water)
Equipment:	Optionally

Timeline 45 min:

Track	Activity	To think about	Other
1	Warm up	Big movements, simple choreography	Tempo 120-140 bpm
2	Second warm up	Like warm up song 1, but increase the intensity somewhat	Tempo 120-140 bpm
3	Agility	Soften up the muscles	Slow tempo
4	Cardio Peak	Use the force in the water to create and work with resistance.	Think about your technique and simulate water feeling. Alternate between tempo and directions. 130-170 bpm
5	Upper body strength	Alternate the strength exercises with cardio movements to keep the participants from freezing.	Tempo 100-120 bpm
6	Cardio		
7	Leg strength (or cardio)		Choose if you prefer strength or cardio
8	Cardio		
9	Core strength		
10	Finals! Cardio Peak		
11	Cool down	Big movements turn into small movement in a slow pace. Keep the cool down short.	Slow tempo
12	Stretch	Keep the participant from freezing - use moveable stretch.	Slow tempo

Level of education on the GTI

Certified external education
Actic Academy GT-education for Aqua

Recommended progress for Employment

Interview
Audition for staff and members



Aqua Just Dance by Actic

NEW Spring 2017!

Guided Class

- Focus:** Strength, Cardio, Interval, Coordination, Flexibility, Senior, Mama, Aqua
- Purpose:** Through easy to mediate movements improve oxygen uptake, stamina, coordination. And pass on the joy of movement through captivating music.
- Target:** Beginners and experienced exercisers.
- Room:** Swimming pool (shallow water)
- Equipment:** No equipment needed

Timeline 45 min:

Track	Activity	To think about	Other
1	Warm up	Big movements, simple choreography	Tempo 120-140 bpm
2	Second warm up	Like warm up song 1, but increase the intensity somewhat	Tempo 120-140 bpm
3	Cardio Peak	Big movements, different tempos, work with "free" movements	
4	Low Cardio		
5	Cardio		
6	Cardio		
7	Cardio Peak		
8	Low Cardio		
9	Cardio		
10	Cardio Peak		
11	Cool down	Big movements turn into small movement in a slow pace. Keep the cool down short.	Slow tempo
12	Stretch	Keep the participant from freezing - use moveable stretch.	Slow tempo

Mandatory songs for 30 minutes:

Warm up, 2 cardio peaks and Cool down

Add-ons for 55 minutes:

1 Low Cardio, 1 Cardio, 1-2 Cardio Peaks

Level of education on the GTI

Certified external education
Actic Academy GT-education for Aqua

Recommended progress for Employment

Interview
Audition for staff and members



Box by Actic

Guided Class

Focus: Cardio, Interval, Coordination, Outdoor
Purpose: Improve the condition, coordination and strength of the participants by using punches, kicks and strength exercises.
Target: Beginners and experienced exercisers.
Room: Group training, Outdoor
Equipment: Gloves, pads, mats and/or jump ropes

Timeline 55 min:

Activity	Time	To think about	Other
Warm up	10 minutes	Use simple exercises like shadow boxing or running in circles introducing the basic punches. Increase intensity gradually.	Tempo 130-135 bpm
Cardio and strength	35-40 minutes	Introduce the technique of each punch and kick thoroughly. Start off with more simple rounds and more advanced rounds in the end. Mix both kicks and punches and alternate with strength exercises.	Tempo 135-145 bpm Make sure to involve both the pad holder and puncher in every round. The rounds shall be no more than 90 sec long.
Cool down/Stretch	5 minutes	Cool down for 1-1, 5 minute and then stretch the muscles you've been working out.	Soft music

Timeline 45 minutes:

Warm up: 10 minutes
Cardio & Strength: 25-30 minutes
Cool down/Stretch: 5 minutes

Timeline 75 minutes:

Warm up: 10 minutes
Cardio & Strength: 55-60 minutes
Cool down/stretch: 5 minutes

Timeline 90 minutes:

Warm up: 10 minutes
Cardio & Strength: 70-75 minutes
Cool down/Stretch: 5 minutes

Level of education on the GTI

Certified external education
Actic Academy GT-education for Box

Recommended progress for Employment

Interview
Audition for staff and members

Challenge by Actic

Guided Class

Focus: Strength, Cardio, Interval, Coordination, Flexibility, Mama, Senior, Outdoor

Purpose: Workout our strength, condition, coordination, stability, flexibility and balance in an athletic way.

Target: Beginners and experienced exercisers.

Room: Group training, Outdoor

Equipment: Optionally

Timeline 45 min:

Activity	Time	To think about	Other
Presentation, Exercises and Warm up	10 minutes	Before you start the warm up, go through each station and show the exercises and the technique. Then use simple and controlling movements to warm up. Start off easy and increase intensity. You can also warm up by running in circles and combine that with exercises as squats, lunges, jump ropes etc.	Tempo 130-135 bpm
Circle	30 minutes	Alternate strength exercises with cardio and involve the whole body. Work for 45 sec and rest/change stations for 15 sec. (just as in ATC)	Tempo 135-145 bpm How many stations you can have is up to the size of the room. Try to place 2 participants on each station, and do as many laps you have time for.
Cool down/Stretch	5 minutes	Cool down for 1-1, 5 minute and then stretch the bigger muscle groups and the smaller if you have time.	Soft music

Timeline 30 minutes:

Presentation and exercises: 5 minutes

Warm up: 5 minutes

Circuit: ca 15 minutes (max 2 laps)

Cool down/Stretch: 5 minutes

Timeline 55 minutes:

Presentation, exercises and warm up: 10 minutes

Circle: 40 minutes

Cool down/stretch: 5 minutes

Timeline 75 minutes:

Exercises and warm up: 10 minutes

Circle: 60 minutes

Cool down/stretch: 5 minutes

Level of education on the GTI

Certified external education
Actic Academy GT-education for ATC/Challenge

Recommended progress for Employment

Interview
Audition for staff and members



Functional Toning by Actic

Guided Class

Focus: Strength, Cardio, Interval, Coordination, Flexibility
Purpose: Workout our strength, condition, coordination, stability, flexibility and balance in an athletic way.
Target: Beginners and experienced exercisers.
Room: Group training
Equipment: Step, mat, weights/dumbbells, elastic bands, barbell without weights.

Timeline 55 minutes:

Track	Activity	To think about	Other
1	Warm up	Big movements, simple choreography. Low impact that increases in intensity and energy. Try not to jump.	Tempo 120-140 bpm 5 minutes
2	Flexibility	Mandatory: twist of spine and shoulder rolls. Use the barbell, without weights and do flexibility and mobilizing movements.	Tempo 120-140 bpm 3-4 minutes
3	Focus Squats	Mandatory: Squats Different squats combined with other leg, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
4	Focus Legs	Different leg exercises with focus on hamstrings combined with other leg, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
5	Focus Lunges	Mandatory: Lunges Use lunges in different directions and combine with other leg, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
6	Focus Flexibility and agility	Mandatory: use different movements for stretching, twisting and rotating the body.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song. With or without equipment.
7	Focus Back	Different back exercises and combined with other strength, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
8	Focus Pecs	Different pec exercises are combined with other strength, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
9	Focus Shoulders	Different shoulder exercises are combined with other strength, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
10	Focus Balance	Mandatory: use different balance movement and combine them with strength exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
11	Focus Arms	Different exercises for biceps and triceps are combined.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
12	Focus Static Core	Mandatory: Different exercises for core are combined with static core exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
13	Focus Core and Cardio	Different Core exercises are combined with high impact steps for cardio peaks.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
14	Cool down and stretch	Cool down for 1 minute and stretch the bigger muscle groups.	Slow music. Because the class contains of a lot of flexibility the cool down and stretch is not needed for more than 3-5 minutes.

Timeline 45 minutes:

Track	Activity	To think about	Other
1	Warm up 5	Big movements, simple choreography. Low impact that increases in intensity and energy. Try not to jump.	Tempo 120-140 bpm 5 minutes
2	Flexibility	Mandatory: twist of spine and shoulder rolls. Use the barbell, without weights and do flexibility and mobilizing movements.	Tempo 120-140 bpm 3-4 minutes
3	Focus Squats	Mandatory: Squats Different squats combined with other leg, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
4	Focus Lunges	Mandatory: Lunges Use lunges in different directions and combine with other leg, core, balance and/or cardio exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
5	Focus Flexibility and agility	Mandatory: use different movements for stretching, twisting and rotating the body.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song. With or without equipment.
6	Focus Back <i>OR:</i> <i>Back and pecs</i>	Different back exercises are combined with other strength, core, balance and/or cardio exercises. <i>OR:</i> <i>Different back exercises can be combined with pec exercises to save time.</i>	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
7	Focus Pecs	Different pec exercises are combined with other strength, core, balance and/or cardio exercises. <i>If you added pecs in the previous song, you can delete this song.</i>	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
8	Focus Shoulder <i>OR:</i> <i>Shoulder and arms</i>	Different shoulder exercises are combined with other strength, core, balance and/or cardio exercises. <i>OR:</i> <i>Different shoulder exercises can be combined with arm exercises to save time.</i>	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
9	Focus Balance	Mandatory: use different balance movement and combine them with strength exercises.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
10	Focus Arms	Different exercises for biceps and triceps are combined. <i>If you added arms in song number 8 you can delete this song.</i>	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
11	Focus Static Core	Mandatory: Different exercises for core are combined with static core exercises and high impact cardio steps for cardio peaks.	Tempo 120-140 bpm Try not to have more than 3 different exercises in each song.
12	Cool down and stretch	Cool down for 1 minute and stretch the bigger muscle groups.	Slow music. Because the class contains of a lot of flexibility the cool down and stretch is not needed for more than 3-5 minutes.

Level of education on the GTI

Actic Academy GT-education for
Functional toning and Leg Works

Recommended progress for Employment

Interview
Audition for staff and members

Indoor Bootcamp

Guided class

Focus: Strength, Cardio, Interval, Coordination, Flexibility
Purpose: Workout our strength, condition, coordination, stability, flexibility and balance in an athletic way.
Target: Beginners and experienced exercisers.
Room: Group training
Equipment: Optionally

Timeline 45 min:

Activity	Time	To think about	Other
Presentation, and Warm up	10 minutes	Use simple and controlling movements to warm up. Start off easy and increase intensity. You can also warm up by running in circles and combine that with exercises as squats, lunges, jump ropes etc.	
Cardio, strength	30 minutes	Use different equipments and choice of exercises. You as an instructor have the opportunity to do all sorts of exercises, in groups, in pairs or by themselves.	Think military training, American football training, navy seals workout etc. Make it though yet easy, efficient and fun. Provide them with team feeling and give them lots of high-5's when job well done. Focus is to let everyone be a member of an elite team, regarding physical status.
Cool down/Stretch	5 minutes	Cool down for 1-1, 5 minute and then stretch the bigger muscle groups and the smaller if you have time.	

Timeline 55 minutes:

Presentation, exercises and warm up: 10 minutes
 Cardio, strength 40 minutes
 Cool down/stretch: 5 minutes

Timeline 75 minutes:

Exercises and warm up: 10 minutes
 Cardio, strength 60 minutes
 Cool down/stretch: 5 minutes

Timeline 90 minutes:

Exercises and warm up: 10 minutes
 Cardio, strength 75 minutes
 Cool down/stretch: 5 minutes

Level of education on the GTI

Certified external education
 Lic. Personal Trainer with GT-experience
 Lic. GT-instructor in collaboration with a PT

Recommended progress for Employment

Interview
 Audition for staff and members



Indoor Running by Actic NEW Spring 2017!

Guided Class

Focus:	Cardio, Interval
Purpose:	Improve cardiovascular health and increase maximal oxygen uptake (VO ₂ -max)
Target:	Beginners and experienced exercisers.
Equipment:	Treadmill
Room:	Cardio

Timeline 30 minutes:

Activity	Time	To think about	Other
Presentation	1-2 minutes	Be in good time for informing members on the treadmills about the class coming up.	Talk briefly about running technique. Keep the incline of the treadmill at 1.5-2 to simulate wind resistance, and take a bit of the strain of impact to ankles and knees. Lift your chest and keep your shoulders down, and lean slightly forwards.
Warm up	5 minutes	Gradually increase speed from brisk walking (4-6 km/h) to light jogging (6-10 km/h). Practice jumping on and off the treadmill whilst holding the side bars for a few times.	If you're able to have music pick energizing music with a steady beat.
Intervals	20 minutes	Choose one of the options	Keep in mind that there are other members working out simultaneous in the gym- Keep the volume on the music in mind.
Option 1: <i>Progressive intervals (speed)</i>	20 minutes	<p><i>Cycle 1: 3x 2 minutes (1 minute active rest/stand on the side of the mill)</i> Increase the speed between 0,2 and 0,5 midway in the intervals, and between the intervals. Increase speed by 1 km/h to the next cycle</p> <p><i>Cycle 2: 3x1 minutes (1 minute active rest/stand on the side of the mill)</i> Increase the speed between 0,2 and 0,5 midway in the intervals, and between the intervals. Increase speed by 1 km/h to the next cycle</p> <p><i>Cycle 3: 7x20 seconds (20 second rest/stand on the side of the mill)</i> Increase speed 0,5 between each interval. Preferably 1 km/h on the last two.</p>	
Option 2: <i>4x4 (CERG)</i>	20 minutes	<p>4 minutes running followed by 2 minutes active rest The last minute of the interval should be utterly demanding.</p> <p>Decrease the speed of the treadmill down to brisk walking speed between the intervals.</p>	
Option 3: <i>Pyramid</i>	20 minutes	<ul style="list-style-type: none"> • 1 minute • 2 minutes • 3 minutes • 4 minutes • 3 minutes • 2 minutes • 1 minute <p>1 minute rest between intervals, brisk walk or standing on the sides of the treadmill</p>	
Cool down/Stretch	5 minutes	<p>A few minutes of decreasing speed jogging/walking, to help transport lactic acid.</p> <p>A stretch of the hamstrings, hips, thighs, and ankle in dorsal flexion is advised. Hold for 20 seconds.</p> <p>Remind participants to book the next session immediately, and drink plenty of water.</p>	Soft or no music.

Just Dance / Just Dance Latin by Actic

Guided class

Focus: Cardio, Coordination, Senior, Mama, Outdoor
Purpose: Through easy to mediate movements improve oxygen uptake, stamina, coordination. And pass on the joy of movement through captivating music.
Target: Beginners and experienced exercisers.
Room: Group training, Outdoor
Equipment: None

Timeline 55 min:

Track	Activity	To think about
1	Warm Up	Low impact exercises. No turns or twists. Big movements. Tempo 120-140 bpm
2	Second warm up	Increase the intensity.
3	Cardio Peak	Big movements and work high up and far down to push the pulse high. Minimum 128 bpm
4	Low Cardio	Take down the tempo a little to decrease the pulse
5	Cardio	
6	Cardio	
7	Cardio	
8	Cardio Peak	Big movements and work high up and far down to push the pulse high. Minimum 128 bpm
9	Low Cardio	Take down the tempo a little to decrease the puls.
11	Cardio	
12	Cardio	
13	Finale: Cardio Peak	Big movements and work high up and far down to push the pulse high. Minimum 128 bpm
14	Slow cardio and stretch	Take down the tempo and involve stretch movement

Suggestions for choice of styles:

Aerobic House	Jazz Modern Contemporary Eighties style	Latinmix Salsa Maruenge Cumbia	Afro Bollywood Oriental Tribal	Funk Hip hop Street Reggaeton
Disco Century choreography (50, 60, 70)	Burlesque Girly Attitude	MTV-rip off (music video based choreography)	Show Broadway Musical	Mix Fusion

Mandatory songs for 30 and 45 minutes: Warm up, 2 cardio peaks and Cool down

Level of education on the GTI

Actic Academy GT-education for
Just Dance

Recommended progress for Employment

Interview
Audition for staff and members



Leg Works by Actic

Guided Class

Focus: Strength, Flexibility, Coordination, Senior
Purpose: Increase strength in legs, glutes, and core and keep our posture. Improve balance.
Target: Beginners and experienced exercisers.
Room: Group training
Equipment: Mat, weight plates and elastic bands. Weights and elastic bands are optionally, no use of barbells with weights.

Timeline 30 min: (workout time 25 min)

Track	Activity	To think about	Other
1	Warm up / Squats, lunges, flexibility	Low impact exercises. The first song contains of flexibility movements and pre stretch exercises combined with squats and lunges.	Tempo 120-140 bpm No weights added. 3-4 minutes.
2	Second warm up / Squats, core and balance	Squats are alternated with high impact exercises. This song also contains of balancing core movements. Increase the intensity.	Tempo 120-140 bpm Optional if you add weight here.
3	Lunges	Lunges in different directions can be alternated with core, balance and cardio movements.	Tempo 120-140 bpm Optional if you add weight here.
4	Glutes	In this song you alternate different glute exercises with core, balance and cardio.	Tempo 120-140 bpm Optional if you add weight here.
5	Core	Core exercises standing up or/and lying down	Tempo 120-140 bpm Optional if you add weight here.
6	Core	Core exercises laying down	Tempo 120-140 bpm Optional if you add weight here.
7	Cool down	Center yourself and stretch legs and glutes.	Soft music.1, 5-3 minutes.

Level of education on the GTI

Actic Academy GT-education for Functional toning and Leg Works

Recommended progress for Employment

Interview
Audition for staff and members

Outdoor BootCamp

See notes and rules for our Outdoor classes at page 11!

Guided class

Focus: Strength, Cardio, Interval, Coordination, Flexibility
Purpose: Workout our strength, condition, coordination, stability, flexibility and balance in an athletic way.
Target: Beginners and experienced exercisers.
Room: Outdoor
Equipment: Optionally
Timeline 45 min:

Activity	Time	To think about	Other
Presentation, and Warm up	10 minutes	Use simple and controlling movements to warm up. Start off easy and increase intensity. You can also warm up by running in circles and combine that with exercises as squats, lunges, jump ropes etc.	
Cardio, strength	30 minutes	Use what the nature and surroundings can provide when it comes to different equipments and choice of exercises. You as an instructor has the opportunity to do all sorts of exercises, in groups, in pairs or by themselves.	Think military training, American football training, navy seals workout etc. Make it though yet easy, efficient and fun. Provide them with team feeling and give them lots of high-5's when job well done. Focus is to let everyone be a member of an elite team, regarding physical status.
Cool down/Stretch	5 minutes	Cool down for 1-1, 5 minute and then stretch the bigger muscle groups and the smaller if you have time.	

Timeline 55 minutes:

Presentation, exercises and warm up: 10 minutes
 Cardio, strength 40 minutes
 Cool down/stretch: 5 minutes

Timeline 75 minutes:

Exercises and warm up: 10 minutes
 Cardio, strength 60 minutes
 Cool down/stretch: 5 minutes

Timeline 90 minutes:

Exercises and warm up: 10 minutes
 Cardio, strength 75 minutes
 Cool down/stretch: 5 minutes

Level of education on the GTI

Certified external education
 Lic. Personal Trainer with GT-experience
 Lic. GT-instructor in collaboration with a PT

Recommended progress for Employment

Interview
 Audition for staff and members

Outdoor Running

See notes and rules for our Outdoor classes at page 11!

Guided class

Focus: Cardio, Coordination, Interval
Purpose: Through running give the participants easy to tough stages to improve condition and oxygen uptake.
Target: Beginners and experienced exercisers.
Room: Outdoor
Equipment: Optionally
Timeline 45 min:

Activity	Time	To think about	Other
Presentation, Exercises and Warm up	10 minutes	Use simple and controlling movements to warm up. Start off easy and increase intensity. You can also warm up by playing a game or running in circles and combine that with exercises as squats, lunges, jump ropes etc.	
Running	30 minutes	Find a path that every participant can follow and get inspired by – maybe you can give the faster participants a task along the run.	Use a variation of technique and interval training to get the running-session wider in its target.
Cool down/Stretch	5 minutes	Cool down for 1-1, 5 minute and then stretch the bigger muscle groups and the smaller if you have time.	

Timeline 55 minutes:

Presentation, exercises and warm up: 10 minutes
 Running: 40 minutes
 Cool down/stretch: 5 minutes

Timeline 75 minutes:

Exercises and warm up: 10 minutes
 Running: 60 minutes
 Cool down/stretch: 5 minutes

Timeline 90 minutes:

Exercises and warm up: 10 minutes
 Running: 75 minutes
 Cool down/stretch: 5 minutes

Level of education on the GTI

Certified external education
 Lic. Personal Trainer with GT-experience
 Lic. GT-instructor in collaboration with a PT

Recommended progress for Employment

Interview
 Audition for staff and members



Pilates

Free Class

Focus: Strength, Flexibility, Coordination, Mindfulness
Purpose: Improve the participant's core stability, posture and body awareness
Target: Beginners and experienced exercisers
Room: Group training
Equipment: Mat, Pilates specific equipment, blanket

Timeline 55 minutes:

Activity	Time	To think about	Other
Warm up	10 minutes	Use exercises that focuses on softening the body, and keep the blood flowing to keep from getting cold.	Always guide them through Pilates set position and breathing technique. Point out the importance of making each movement following their own breathing.
Strength	35-40 minutes	Do movements that involve the whole body. Make sure to keep peace and harmony in the class room.	Try to find exercise that allows you to work with fluid motions. No abrupt changes and work both sides of the body equally.
Cool down/Relax	5-10 minutes	End the class with relaxation or stretch.	Try to be quit for a few minutes and slowly wake the group up from relaxation with small movements done in a smooth pace.

Timeline 45 minutes:

Warm up: 10 minutes
Strength: 30 minutes
Cool down/relax: 5 minutes

Level of education on the GTI

Certified external education

Recommended progress for Employment

Interview
Audition for staff and members

Senior Fitness

Guided Class

Focus: Senior, Cardio, Strength, Interval, Flexibility, Coordination
Purpose: Workout our strength, condition, coordination, stability, flexibility and balance.
Target: Members +60
Room: Group training, Outdoor
Equipment: Weights optionally, mat, steps

Timeline 55 minutes:

Track	Activity	To think about	Other
1	Cardio/Warm up	Big movements, simple choreography.	Tempo 120-140 bpm
2	Cardio/Second warm up	Like warm up song 1, but increase the intensity somewhat	Tempo 120-145 bpm
3	Agility/Flexibility	Soften up the muscles	Soft music
4	Cardio		Tempo 120-140 bpm
5	Leg strength		Tempo 100-120 bpm
6	Glute strength		Tempo 120-140 bpm
7	Cardio		Tempo 120-145 bpm
8	Back strength		Tempo 120-140 bpm
9	Pec strength		
10	Cardio		Tempo 120-145 bpm
11	Balance	Core exercises standing up to increase balance	Tempo 120-140 bpm
12	Cardio		Tempo 120-145 bpm
13	Cardio		Tempo 120-145 bpm
14	Core and lower back strength		Tempo 120-145 bpm
15	Stretch		Soft music

Timeline 45 minutes:

Mandatory songs: 1-5, 7-12, 14-15

We recommend the use of Actic Workout for this class with the easier options of some exercises as shown in the instructors' movies or in the outline over each volume.

Level of education on the GTI

Certified external education
Lic. Personal Trainer with GT-experience
Lic. GT-instructor in collaboration with a PT
Actic Workout

Recommended progress for Employment

Interview
Audition for staff and members



Senior Dance

Guided Class

Focus: Senior, Cardio, Strength, Interval, Flexibility, Coordination
Purpose: Workout our strength, condition, coordination, stability, flexibility and balance.
Target: Members +60
Room: Group training, Outdoor
Equipment: Mats

Timeline 55 minutes:

Timeline 45 minutes:

Track	Activity	To think about	Other
1	Cardio/Warm up	Big movements, simple choreography.	Tempo 120-140 bpm
2	Cardio/Second warm up	Like warm up song 1, but increase the intensity somewhat	Tempo 120-140 bpm
3	Cardio		Tempo 120-140 bpm
4	Slow dance	Add some flexibility movements	Tempo 100-130 bpm
5	Cardio		Tempo 120-140 bpm
6	Cardio		Tempo 120-140 bpm
7	Cardio Peak		Tempo 120-145 bpm
8	Slow dance	Add some balance challenges	Tempo 120-130 bpm
9	Cardio		Tempo 120-140 bpm
10	Cardio		Tempo 120-140 bpm
11	Cardio Peak		Tempo 120-145 bpm
12	Core	Lower back focus	Tempo 120-145 bpm
13	Core	Abs and static exercises	Tempo 120-145 bpm
14	Stretch		Soft music

Mandatory songs: 1-4, 6-9, 11, 13-14

Level of education on the GTI

Certified external education
Lic. Personal Trainer with GT-experience
Lic. GT-instructor in collaboration with a PT
Actic Workout

Recommended progress for Employment

Interview
Audition for staff and members



Spinning by Actic

Guided Class

Focus: Cardio, Interval
Purpose: Through cycling give the participants easy to though stages to improve condition and oxygen uptake.
Target: Beginners and experienced exercisers.
Room: Spinning room
Equipment: Spinning bikes

Timeline 55 minutes:

Activity	Time	To think about	Other
Warm up	5-10 minutes	Always start with a flat road and explain the different positions and techniques.	Use a somewhat instrumental song to keep the participants focused on your instructions.
Cardio	35-40 minutes	Create a class profile where the pulse is around 65-92%. Recommended are 2-3 longer intervals with an active recovery for 1-2 minutes in between. The main part of the class shall be around 80-85%.	Steep hills are alternated with mixed terrains and flat roads.
Cool down/Stretch	5-10 minutes	Cool down for 1,5-3 minutes before stretching the used muscles groups.	Lower the resistance and play soft music while pedaling in a steady state.

Timeline 30 minutes:

Warm up: 5 min
 Cardio: 18 min
 Cool down/stretch: 5 min

Timeline 75 minutes:

Warm up: 5-10 min
 Cardio: 50-55 min
 Cool down/stretch: 8 min

Timeline 45 minutes:

Warm up: 5-7 min
 Cardio: 25-30 min
 Cool down/stretch: 5-7 min

Timeline 90 minutes:

Warm up: 5-10 min
 Cardio: 75 min
 Cool down/stretch: 8 min

Allowed RPM:s

Flat road 80-110
 Seated hill, HP2 60-80
 Standing hill, HP2 60-80
 Standing hill, HP3 60-80
 Tempo differences 60-80, 80-110 (only in 55, 75 and 90 minute classes)

Level of education on the GTI

Actic Academy GT-education for Spinning

Recommended progress for Employment

Interview
 Audition for staff and members



Step

Free Class

Focus: Cardio, Coordination, Interval
Purpose: Further develop the participant's condition, coordination and polish technique.
Target: Beginners and experienced exercisers.
Room: Group training
Equipment: Step

Timeline 55 min:

Activity	Time	To think about	Other
Warm up	10 minutes	Warm up is always done on the floor, but you can involve the step but not climb it by taps or mambos.	130-140 bpm
Cardio	35-40 min	Do a medium advanced choreography contained of 4 blocks. Gradually increase the intensity by mixing low and high impact steps.	135-140 bpm Always show easier alternatives and gradually make it harder or more advanced. Try to involve the step as much as you can, and try not to spin or turn as much.
Cool down/Stretch	5 minutes	Cool down by doing a little floor choreography to a song. If you'd like you can add stretch movements in the choreography or stretch used muscle groups.	Soft music or a song with slower tempo, like pop or R'n'b.

Timeline 30 minutes:

Warm up: 5 minutes
Cardio/choreography: 20 minutes
Cool down: 1-1,5 min cool down/stretch

Timeline 45 minutes:

Warm up: 10 minutes
Cardio/choreography: 25-30 minutes
Cool down: 5 minutes

Level of education on the GTI

Certified external education

Recommended progress for Employment

Interview
Audition for staff and members

Step Dance

Free Class

Focus: Cardio, Coordination, Interval
Purpose: Further develop the participant's condition, coordination and polish technique.
Target: Experienced exercisers
Room: Group training
Equipment: Step

Timeline 55 minutes:

Activity	Time	To think about	Other
Warm up	8 minutes	Warm up is always done on the floor, but you can involve the step but not climb it by taps or mambos.	130-140 bpm
Cardio	35-40 min	Do a medium to advanced choreography contained of 4 blocks. Gradually increase the intensity by mixing low and high impact steps and adding turns and jumps. Floor based dance steps can be mixed in as well.	135-140 bpm Always show easier alternatives and gradually make it harder or more advanced.
Cool down/Stretch	5 minutes	Cool down by doing a little floor choreography to a song. If you'd like you can add stretch movements in the choreography or stretch used muscle groups.	Soft music or a song with slower tempo, like pop or R'n'b.

Timeline 45 minutes:

Warm up: 5 minutes
Cardio/choreography: 30-35 minutes
Cool down: 3-5 minutes

Level of education on the GTI

Certified external education

Recommended progress for Employment

Interview
Audition for staff and members

Step & Strength by Actic

Guided Class

Focus: Cardio, Strength, Interval, Coordination, Flexibility, Senior, Mama
Purpose: Workout the participant's condition, strength, coordination, core stability and flexibility.
Target: Beginners and experienced exercisers.
Room: Group training
Equipment: Step, weights, elastic bands, mat. (*barre bells with weights are not allowed*)

Timeline 55 minutes:

Track	Activity	To think about	Other
1	Warm up	Big movements, simple choreography performed on the floor.	Ok to use taps, basic and mambos on the step. Low impact
2	Second Warm up	Like warm up song 1, but increase the intensity somewhat	Start using the step. Low impact
3	Cardio	Simple choreography	Low and high impact
4	Cardio Peak	Increase the pulse	Think high up and low down. Low and high impact, plyo metric exercises
5	Strength	Legs and glutes	Strength for legs and glutes. Weights and elastic bands are optional as well as use of the step during this song
6	Cardio	Simple choreography	Low and high impact
7	Cardio	Interval based choreography	Low and high impact
8	Cardio Peak	Increase the pulse	Think high up and low down. Low and high impact, plyo metric exercises
9	Strength	Upper body	Strength for back, pecs, shoulders and arms. Weights and elastic bands are optional
10	Cardio	Simple choreography	Low and high impact
11	Cardio Peak	Increase the pulse	Think high up and low down. Low and high impact, plyo metric exercises
12	Core/Cardio	Core, static/dynamic with hints of cardio	Alternate core exercises with cardio steps to allow the pulse to stay high
13	Cool down/stretch	3 minutes	Soft music. Cool down for 1-1,5 minute, and stretch the bigger muscles groups.

Timeline 45 minutes:

Mandatory songs: 1-5, 8-9, 11-12, 13

Timeline 30 minutes:

Mandatory songs: 1-3, 5, 8-9, 13

Level of education on the GTI

Certified external education
 Actic Academy Gt-education for Core,
 Functional Toning/LegWorks and Workout

Recommended progress for Employment

Interview
 Audition for staff and members
 Use pre-choreographed material



Tabata by Actic

Guided Class

Focus: Cardio, Strength, Interval
Purpose: Workout the participant's condition, strength, stamina and explosivity.
Target: Beginners and experienced exercisers
Room: Group training
Equipment: Step and optional weights, mat

Timeline 30 minutes (Workout time 27-28 minutes):

Activity	Time	To think about	Other
Warm up	3-4 minutes	Pre choreograph an aerobic based warm up. No weights added.	130-140 bpm
Cardio & Strength	20-23 minutes	Alternate cardio and strength exercises involving the step and weights. Block 1: 3 exercises, 6 sets each. Block 2: 2 exercises. First one for 6 sets, second one for 4 sets. Block 3: 2 exercises. First one for 6 sets, second one for 4 sets. A total of 7 exercises.	130-145 bpm 20 sec work/10 sec rest. Make sure to choose exercises that give you a flow and minimize loss of time for equipment change. Show one exercise at a time to save seconds, and between each block try to narrow the time down to 30-40 seconds.
Cool down	1-1,5 minutes	Sit down or walk around the room to lower the pulse.	Soften the music or turn down the volume.

Timeline 45 minutes:

Warm up: 5 minutes
 Cardio & Strength: **BLOCK 1:** 3 exercises, 6 set each.
BLOCK 2: 2 exercises. First one 6 set, second one 4 sets.
BLOCK 3: 2 exercises. First one 6 set, second one 4 sets.
BLOCK 4: 2 exercises. First one 6 set, second one 4 sets.
BLOCK 5: 2 exercises. First one 6 set, second one 4 sets.
 Cool down/stretch: 3 minutes

Level of education on the GTI

Actic Academy Gt-education for Tabata, Core, Power and ATC/Challenge

Recommended progress for Employment

Interview
 Audition for staff and members

Yoga by Actic

Guided Class

Focus: Mindfulness, Flexibility, Strength, Senior, Mama, Outdoor
Purpose: Through movements/positions improve the participant's flexibility, strength and inner peace.
Target: Beginners and experienced exercisers
Room: Group training
Equipment: Mat, yoga specific equipment, blanket

Timeline 55 minutes:

Activity	Time	To think about	Other
Warm up	10 minutes	Use exercises that focuses on softening the body, and keep the blood flowing to keep from getting cold.	Guide them through Yoga breathing, Ujjayi.
Strength	35-40 minutes	Do movements that involve the whole body. Make sure to keep peace and harmony in the class room.	Try to find exercise that allows you to work with fluid motions. No abrupt changes and work both sides of the body equally. Preferable do three sunsalutations both A and B.
Cool down/relax	5-10 minutes	End the class with relaxation or stretch.	Try to be quit for a few minutes and slowly wake the group up from relaxation with small movements done in a smooth pace.

Timeline 45 minutes:

Warm up: 10 minutes
Strength: 25-30 minutes
Cool down/relax: 5 minutes

Timeline 75 minutes:

Warm up: 10 minutes
Strength: 55-60 minutes
Cool down/relax: 5 minutes

Timeline 90 minutes:

Warm up: 10 minutes
Strength: 75-80 minutes
Cool down/relax: 5 minutes

Level of education on the GTI

Certified external education,
Actic Academy Gt-education for Yoga
Practice and self studies

Recommended progress for Employment

Interview
Audition for staff and members

ACTIC Concept classes

Actic Core (New! 45 minutes available from September 2016)

30, 45 minutes

Our pre choreographed class for strengthening our core, work our posture and balance. By using the different alternatives that the class offers we can allow all our members to participate and even recommend it to our seniors.

New from November 2016:

When we've held the current release half way through it's runtime, you whom have a 30 minute class can switch the 4 last songs to the 4 last songs of the 45 minute version.

This is how you do:

The 4 extra songs that is the extra tracks for the 45 minute version is to be replaced with the 4 last songs in the 30 minute version.

Warm up

Standing balance

Flexibility and posture

(These songs is not to be replaced – they shall remain the same)

Rotations

Stabilizing core

Gravity and weight shifting

Challenge

Stretch (same as before)

Actic Power

30, 45, 55 minutes

Our pre choreographed barre bell class. We work our whole body with classic weight training exercises as well as a few functional challenges.

Actic Spinning

30, 45, 55 minutes

Our pre choreographed spin class that focuses on increasing our member's oxygen uptake and cardio endurance. A though yet simple spin class that fits all members.

Actic Dynamic Flex

30 minutes

Our 30 minute class that focus on flexibility, mobility and body awareness. An athletic form of stretch that can be used as a warm up to gain more range in motions, or as a cool down to speed up the recovery. This is a class that we highly recommend to all our members.

Actic Workout

30, 45, 55 minutes

Interval based class were basic workout steps and movements are alternated with functional strength. By using the different options shown in the instructor movie, you can teach this class for all types of members. We also recommend it for our seniors and on our mama classes.

Release of Actic Concept Classes in 2017 are:

Volume 16

Members: January 9, 2017

Instructors: December 5, 2016

On February 28, 2017 hidden volume 16 on Swedebeat and can't be purchased / downloaded more.

Volume 17

Members: April 4, 2017

Instructors: March 3, 2017

On May 31, 2017 hidden volume 17 on Swedebeat and can't be purchased / downloaded more.

Volume 18

Members: September 3, 2017

Instructors: August 7, 2017

On October 31, 2017 hidden volume 18 on Swedebeat and can't be purchased / downloaded more.

