



COACH PETE RYAN

MINDSET FITNESS HEALTH

## GROUP CLASS BLUEPRINT

### CLASS DETAILS

- Group Class Name (select one):

- ☐ GLC
- ☐ BURN
- ☐ HIIT
- ☐ LIFT
- ☐ METCON
- ☐ CORE

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- Coach: Coach Pete Ryan
  - Date:
  - Duration: 45 Minutes
  - Location: PureGym West Byfleet
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- ☐ Available Equipment (select all that apply):
  - ☐ Dumbbells (kg): 5, 7.5, 10, 12.5, 15, 17.5, 20, 22.5
  - ☐ Kettlebells (kg): 8, 12, 16, 20, 24
  - ☐ Plyo Boxes
  - ☐ Concept 2 Rowers (3 available)
  - ☐ Ski Erg Machines (2 available)
  - ☐ Watt Bike
  - ☐ Spin Bike
  - ☐ Sledge
  - ☐ Battle Ropes (2 available)
  - ☐ Bodybar with plates
  - ☐ Step up Box

☐ Yoga Matt

- Equipment Needed:

**#Description and Explanation of the session as a whole and then a very brief description of each circuit.**

## 2. WARM-UP

**Exercise                      Duration**

Exercise	Duration	Notes

## 3. MAIN WORKOUT

### Circuit 1

**# Explain circuit:** Add a explanation and any instruction needed for the upcoming circuit including the main workout goals, purpose, and equipment needed.

Exercise	Reps	Sets	Men	Woman	Notes

### Circuit 2

**# Explain circuit:** Add a explanation and any instruction needed for the upcoming circuit including the main workout goals, purpose, and equipment needed.

Exercise	Reps	Sets	Men	Woman	Notes

### Circuit 3

# **Explain circuit:** Add a explanation and any instruction needed for the upcoming circuit including the main workout goals, purpose, and equipment needed.

Exercise	Reps	Sets	Men	Woman	Notes

# Add as many circuits and descriptions at start of each as needed.

### 4. COOL DOWN & STRETCH

**Exercise(s):**

Stretch/Exercise	Duration	Notes

## 5. CLOSING MESSAGE

Add an overview of the session highlighting key elements of plan, suggest further training or recovery principles from the effects of plan



This is not to be included in final document creation, but an instruction in the document setup creation process.

### STANDARDS FOR GROUP CLASSES AND PERSONAL TRAINING

- **Coach:** Coach Pete Ryan
- **Location:** PureGym West Byfleet
- **Duration:** 45 Minutes
- **Session Types:** Group Classes (LBT, Sweat45, Strength45, Tone, Bootcamp, Metcon) or Personal Training
- **Equipment:** Equipment list in drop down
- **Rules:**
  - Classes must follow a **CrossFit-style** or **circuit-based approach**.
  - Gym-based exercises requiring unavailable equipment (e.g., benches) are **not allowed**.
  - Exercise selection must align with available equipment quantities. For example, if only 2 pairs of 15kg dumbbells are available, circuits should not require more than 2 participants to use 15kg dumbbells simultaneously.