

Month 1: 8-Class Detailed Workout Schedule & Cueing Agenda

Bi-Weekly 2x/Week Cadence (8 Classes) • 60-Minute Class Architecture • 3-Tier Multi-Acuity Model

Month 1 Strategic Objective: Establishes foundational postural alignment, hip-hinge recruitment, base of support awareness, and unassisted sit-to-stand transfer power. Operating on a bi-weekly cadence (Tuesday & Thursday), every 60-minute session includes a 15-minute intake buffer followed by 45 minutes of active movement across our 4 pillars. All exercises are cued simultaneously across **Level 1 (Seated)**, **Level 2 (Bilateral Support)**, and **Level 3 (Unilateral / Free Dynamic)**.

Tier 3 Enterprise Integration Note: For communities contracted under Tier 3 Enterprise Vitality & Outcomes (\$1,950/month, 3 sessions/week / 12 classes monthly, typically Mon/Wed/Fri), this 8-class anchor schedule is expanded with 4 additional integrative Friday master sessions dedicated to rotational balance reinforcement, guided somatic down-regulation, and CDC STEADI functional tracking.

MONTH 1 MASTER CLASS MATRIX & WEEKLY PROGRESSION

Class #	Week / Day	Primary Theme	4-Pillar Focus	Key Functional Objective
Class 1	Week 1 (Day 1)	Biomechanical Awakening	Pillars 1 & 2	Base of support awareness, axial elongation, ankle articulation
Class 2	Week 1 (Day 2)	Axial Posture & Center of Mass	Pillars 1 & 3	Scapular retraction, thoracic extension, static balance baselines
Class 3	Week 2 (Day 1)	Hip-Hinge & Sit-to-Stand Power	Pillar 2	Gluteal and quadriceps recruitment, anti-gravity transfer force
Class 4	Week 2 (Day 2)	Lateral Weight Shifting	Pillars 2 & 3	Hip abductor stabilization, single-limb transfer readiness
Class 5	Week 3 (Day 1)	Perturbation Defense & Stepping	Pillar 3	Multi-directional recovery stepping, sensory integration
Class 6	Week 3 (Day 2)	Divided Attention & Dual-Tasking	Pillar 3	Auditory and verbal interference during dynamic weight transfer
Class 7	Week 4 (Day 1)	Reactive Stepping & Obstacles	Pillars 2 & 3	Trip-defense reflexes, high-knee gait clearing, transfer stamina
Class 8	Week 4 (Day 2)	Mastery & Celebration	Pillars 1 – 4	Integrated 4-pillar fluid sequence, movement confidence validation

MULTI-COURSE TRACK ADAPTATION GUIDE

Course Track	Community Setting	Pacing & Music Cadence	Cognitive & Drill Adaptation
Track A: Dynamic Vitality	Independent Living / Active 55+	75–80 BPM continuous transitions	Expand Level 3 free standing; add Stroop color-conflict agility.
Track B: Fall Defense (Anchor)	Assisted Living / CCRCs	65–72 BPM measured cadence	Balanced Level 1 / 2 / 3; focus on unassisted sit-to-stand power.
Track C: Rhythm & Calm	Memory Care / Dementia	60–65 BPM soothing mid-century jazz	Level 1 seated mirroring; procedural rhythm taps & calming palming.

WEEK 1: FOUNDATION, ALIGNMENT & BASE OF SUPPORT

Class 1 • Week 1 (Day 1)

Biomechanical Awakening & The Grounding Base

Phase 1: Mobilization (5 min • 60-65 BPM)

Ankle plantarflexion & dorsiflexion rocks, seated tall posture elongation.

Level 1: Seated | Level 2: Chair touch | Level 3: Free stand

Phase 2: Transfer Strength (15 min • 65-70 BPM)

Hip hinge patterning ("nose over toes"), glute bridge recruitment, chair hovers.

Level 1: Seated hinge | Level 2: Armrest assist | Level 3: Hands free

Phase 3: Balance Agility (15 min • 70 BPM)

Parallel to semi-tandem stance hold, auditory category naming during taps.

Level 1: Seated reach | Level 2: Bilateral grip | Level 3: Tandem hover

Phase 4: Somatic Reset (10 min • Instrumental)

4-4-4 diaphragmatic box breathing, cervical release, palm warming.

Universal Parasympathetic Grounding

Class 2 • Week 1 (Day 2)

Axial Posture & Center of Mass Control

Phase 1: Mobilization (5 min)

Scapular retractions, thoracic spine extension, chin tucks.

Level 1: Seated tall | Level 2: Wall touch | Level 3: Dynamic sweep

Phase 2: Transfer Power (15 min)

3-second eccentric sit-to-stand lowering, gluteal contraction drive.

Level 1: Resistance band row | Level 2: 2-hand stand | Level 3: Free tempo

Phase 3: Cognitive Agility (15 min)

Auditory number counting interference while maintaining balance base.

Level 1: Seated cross-tap | Level 2: Chair hold | Level 3: Staggered step

Phase 4: Somatic Calm (10 min)

Guided body scan, seated shoulder release, parasympathetic breathing.

Universal Calming Reset

WEEK 2: TRANSFER POWER & FUNCTIONAL LOADING

Class 3 • Week 2 (Day 1)

Hip Hinge Mechanics & Sit-to-Stand Power

Phase 1 & 2: Mobilization & Power (20 min)

Pelvic tilts, deadlift patterning with non-latex resistance band, chair squats.

Level 1: Band pull | Level 2: Armrest drive | Level 3: 5 continuous stands

Phase 3 & 4: Agility & Somatic Calm (25 min)

Color-direction matching during weight shifts; soothing 4-7-8 breathwork.

Level 1: Seated point | Level 2: Stagger shift | Level 3: Dynamic lunge

Class 4 • Week 2 (Day 2)

Lateral Weight Shifting & Unilateral Drive

Phase 1 & 2: Lateral Hips & Transfers (20 min)

Seated hip abduction, standing side-stepping with chair back contact.

Level 1: Seated abductor press | Level 2: 2-hand shift | Level 3: Free side step

Phase 3 & 4: Stroop Agility & Release (25 min)

Stroop color-conflict stepping; seated hamstring elongation and chest opener.

Level 1: Hand tap | Level 2: Supported step | Level 3: Free direction step

WEEK 3: DYNAMIC PERTURBATION & COGNITIVE DUAL-TASKING

Class 5 • Week 3 (Day 1)

Perturbation Defense & Wide-Base Stepping

Phase 1 & 2: Base Width & Anti-Gravity Power (20 min)

Wide stance transitions, rapid base-widening recovery drills, power sit-to-stands.

Level 1: Wide seated stance | Level 2: Supported wide step | Level 3: Perturbation hover

Phase 3 & 4: Reactive Stepping & Calm (25 min)

Sudden stop-and-freeze commands on music cue; somatic diaphragmatic box breathing.

Level 1: Seated stop | Level 2: Hand on chair stop | Level 3: Free dynamic freeze

Class 6 • Week 3 (Day 2)

Divided Attention & Motor-Cognitive Agility

Phase 1 & 2: Dynamic Agility & Transfers (20 min)

Vestibular head-turn tracking during weight shifts; unassisted chair squats.

Level 1: Seated VOR | Level 2: Supported head turn | Level 3: Tandem VOR turns

Phase 3 & 4: Dual-Task Games & Breathwork (25 min)

Verbal fluency word-chains while marching; progressive somatic muscle easing.

Level 1: Seated march | Level 2: 1-hand chair march | Level 3: Free high-knee march

WEEK 4: TRIP RECOVERY & MILESTONE MASTERY

Class 7 • Week 4 (Day 1)

Reactive Stepping & Obstacle Clearance

Phase 1 & 2: Clearance Power (20 min)

High-knee hip flexion, anterior tibialis dorsiflexion, unassisted transfer endurance.

Level 1: Seated high knee | Level 2: Supported hurdle step | Level 3: Free obstacle clear

Phase 3 & 4: Trip-Defense Reflexes & Calm (25 min)

Multi-directional recovery stepping; 4-7-8 parasympathetic breath reset.

Level 1: Seated reaction | Level 2: Supported back-step | Level 3: Dynamic lunge recovery

Class 8 • Week 4 (Day 2)

Month 1 Milestone Mastery & Movement Celebration

Phase 1 & 2: Integrated 4-Pillar Flow (20 min)

Continuous fluid transitions through alignment, transfer power, and agility games.

Level 1: Continuous seated flow | Level 2: Supported flow | Level 3: Full dynamic flow

Phase 3 & 4: Celebration & Milestone Awards (25 min)

Group balance circle challenge; graduation recognition; somatic tension release.

Universal Achievement • Month 1 Milestone Badges