



# **GIRLS' YOGA, DANCE OR EXERCISE CLASS PLANNER**



**Cancer Council**  
Girls' Night In

# **Thank you for getting physical with your girlfriends**

**Staying active is so important this year while our usual leisure and work activities are limited. Not only does a healthy lifestyle help you reduce your risk of cancer, it also does wonders for your overall mental and physical wellbeing.**

**You're doing something wonderful for your girlfriends while improving the lives of women facing cancer by holding a class – so let's get moving!**



# Safety first!

**It's important to remind your girlfriends how they can stay safe and avoid injury when joining in on your class.**

Remember, everyone has a different fitness level and some people will have pre-existing conditions or injuries. It's better to be safe than sorry, so what's the harm in taking these few simple steps to ensure their safety?

## **1. Warm up and cool down**

Make sure these important elements are included in the class you have planned. They are key to avoiding injury:

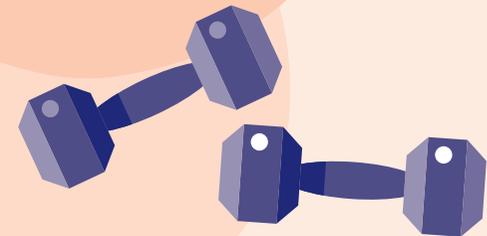
- A warm-up should be around 5 minutes of low intensity exercise at the beginning of your class. It prepares the body for exercise by gradually increasing your heart rate and circulation.
- A cool-down should be around 5-10 minutes of low intensity exercise and stretching at the end of your class. It allows your body to return close to its resting rate.

## **2. Complete a safety announcement**

It's best to communicate this information a few times: in your invitation, on your fundraising page, and at the start of your class.

Remind your guests:

- To listen to their body and avoid pushing too hard
- To take breaks when they need to
- That anyone with medical conditions or injuries should consult their doctor before trying any exercises.



# Running your yoga, dance or exercise class

Some things you can prepare in the lead up to your exercise class to help it go as smoothly as possible:

## 1. Get organised ahead of the event

**Set up a virtual room** to host your class in – it could be on Zoom, Microsoft Teams or Google Meet to name a few.

**Prepare your guests** – ahead of your class, give your attendees a list of what they'll need to bring along, plus the link to the virtual room. Some items they'll need could include:

- A water bottle
- A yoga mat or towel
- A good spot to put their laptop or phone

**Get yourself ready** – On the day of your class, make sure you've got all the equipment you need. If you want to play music during your event, make sure you have your speakers handy, plus any other gear required.



## 2. Make sure your tech is sorted

**If you're running your own class** – Set up your laptop or phone so you are well-framed and your guests will be able to see you clearly. Make sure the room is well-lit, ideally with some natural light.

**If you're following your favourite online exercise class** – Get familiar with the screen-sharing features on your chosen video sharing platform – you'll just need to open your favourite YouTube video first. Here are instructions for [Zoom](#) and [Microsoft Teams](#).

**Make sure to share your computer's sound too – there should be an option to select when sharing your screen. Why not do a test run with one of your girlfriends to make sure you've got the hang of it?**

## 3. Watch the life-saving donations roll in!

Many of your girlfriends will have saved on the cost of their gym membership or exercise classes since Stay At Home restrictions were introduced. Why not ask them to donate a portion of those savings to women facing cancer?

You could ask them to donate a specific amount ahead of your class which acts as their entry ticket, or you could simply do a quick call out at the end of your class reminding your friends to donate.

