**Burnalong Class Creation Sheet**

**Use this class creation sheet to get started on Burnalong! After completing, you will be ready to film and upload your class to the Partner Portal (well.burnalong.com/pss).**

**Goal of Class:**

**Class Description:**

Class Expectations:
 Class Length:

Who the Class is For:

Needed Equipment:

What the User Can Expect to Get Out Of Class:

Any Other Notes, Recommendations:

Note of Encouragement:

**Class Title (Be Specific!):**

**Length of Class:**

**Difficulty:**

1-2 Beginner: user has zero to some experience; Safe for All Levels (Level 1)

3-4 Intermediate: user has moderate experience, knows vernacular

5-6 Advanced: user has significant experience and knowledge of movement or topics

**This class is level: \_\_\_\_\_\_\_\_**

**Categories (Choose the top 1-3 that best fit the class):**

1.

2.

**Zones (Body Parts - Fitness/movement classes only)**

1.

**Equipment:**

1.

2.

**Optional Equipment (They don’t need it, but would be nice to have)**

1.

**Goals (choose one):**

Be Social

Flexibility

Learn

Medical

Mindfulness

Staying Active

Strength

Tone Up

**Class Type (Choose One):**

Live / On Demand

**Posting Schedule**: Create a realistic timeline for posting classes on-demand or going live:

\*\* Reminder: All Classes must be filmed horizontally (sideways/landscape).