

ZERV Foundations™

Sample Program Blueprint

Program Overview

Every ZERV Foundations program combines movement, coaching, reflection, and community engagement to create a safe, supportive, and engaging experience. Movement is used as a vehicle for physical wellness, confidence building, stress reduction, accountability, and community connection.

Why Groups Are Limited to 10–12 Participants

- Personalized movement coaching and technique feedback.
- Safe instruction with movement modifications.
- Guided reflection focused on wellness, confidence, goal setting, stress management, and healthy habits.
- Community-building through shared experiences and encouragement.

60-Minute Session Blueprint

0–10 Minutes: Welcome & Community Check-In

10–20 Minutes: Dynamic Warm-Up & Mobility

20–50 Minutes: Guided Movement Session with personalized coaching, functional exercises, and partner/group activities.

50–60 Minutes: Reflection, Cool Down & Goal Setting

Participant Outcomes

Participants improve physical wellness, build confidence, develop accountability, learn safe movement practices, and strengthen meaningful community connections.

Observe Yourself. Move With Purpose.

ZERV Foundations LLC