



PERFORMANCE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FIT 5 a.m. Performance Center		FIT 5 a.m. Performance Center		FIT 5 a.m. Performance Center	Gauntlet 9 a.m. Performance Center
HIGH PERFORMANCE 9 a.m. Performance Center	FIT 9 a.m. Performance Center	HIGH PERFORMANCE 9 a.m. Performance Center	FIT 9 a.m. Performance Center	HIGH PERFORMANCE 9 a.m. Performance Center	WEIGHTLIFTING 9 a.m. Performance Center
HIGH PERFORMANCE 6 p.m. Performance Center	HIGH PERFORMANCE 6 p.m. Performance Center	HIGH PERFORMANCE 6 p.m. Performance Center	HIGH PERFORMANCE 6 p.m. Performance Center		
WEIGHTLIFTING 6 p.m. Performance Center	WEIGHTLIFTING 6 p.m. Performance Center	WEIGHTLIFTING 6 p.m. Performance Center	WEIGHTLIFTING 6 p.m. Performance Center		

CLASSES:

- HIGH PERFORMANCE** – High Performance is geared to getting you, not only back into shape, but also into a competitive atmosphere. A mix of strength and conditioning, agility, competitive games and functional coaching leads you to be able to handle any physical challenges ahead.
- FIT** – For the endurance junkie wanting to increase their performance. Workouts utilize effective physical training techniques practiced by professional athletes and the military. Expect indoor and outdoor workouts, functional strength training, group runs and partner drills uniquely arranged to amplify strength and stamina through progression and variety.
- WEIGHTLIFTING** – Whether you’re a national level competitor taking training to the next level, or just getting started, our coaches guide you through scientifically structured weightlifting workouts enhancing strength, speed, balance, endurance, fat loss, muscle gain, and overall athletic performance. No experience required!
- GAUNTLET** – A challenging and complex set of workouts offering a unique change to your weekly workouts. Also featuring iconic super hero and special forces workout themes!



For more information, go to

www.BeaconHealthSystem.org/Beacon-Health-Fitness/Sports-Performance