



**SPORTS  
PERFORMANCE**

**PERFORMANCE**

*Classes*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FIT Endurance 5 a.m. Ryan	FIT Strength 5 a.m. Daigien	FIT Endurance 5 a.m. Ryan	FIT Strength 5 a.m. Daigien	FIT Endurance 5 a.m. Ryan	
FIT Endurance 9 a.m. Ryan		FIT Endurance 9 a.m. Ryan		FIT Endurance 9 a.m. Ryan	FIT Strength 9 a.m.
Student Athletes 6 p.m. Staff	Student Athletes 5 p.m. Staff	Student Athletes 6 p.m. Staff	Student Athletes 5 p.m. Staff		Student Athletes 10 a.m. Staff
	FIT Strength 6 p.m. Staff		FIT Strength 6 p.m. Staff		

For more information, go to  
<http://beacon.health/SP>

**Contact Ryan**  
[rsfish@beaconhealthsystem.org](mailto:rsfish@beaconhealthsystem.org)



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# Class DESCRIPTIONS

## **FIT Endurance**

Endurance junkies, this is for you! Workouts utilize training techniques practiced by athletes and the US 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. The workouts are completely adjustable so that a beginner & veteran can participate in the same workout with changes in load & intensity.

## **FIT Strength**

A strength & conditioning program with a mix of aerobic exercises, gymnastics movements (body weight/calisthenics) & Olympic weightlifting. Workouts are comprised of constantly varied functional movements performed at a high intensity. The workouts are completely adjustable so that beginners & veterans can participate in the same workout with changes in load & intensity.

## **Student Athletes**

The High School Performance Program builds on the coaching athletes receive at practice. We don't focus on sport-specific skills — we focus on improving the overall athlete. Our highly qualified coaching team delivers a training regimen that enhances an athlete's speed, power, agility, flexibility, coordination and balance.

For more information contact Ryan:

**[rsfish@beaconhealthsystem.org](mailto:rsfish@beaconhealthsystem.org)**