



**SPORTS
PERFORMANCE**

PERFORMANCE

Classes

SUMMER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
FIT Endurance 5 - 6 a.m. Ryan	FIT Strength 5 - 6 a.m. Ryan	FIT Endurance 5 - 6 a.m. Ryan	FIT Strength 5 - 6 a.m. Ryan	FIT Endurance 5 - 6 a.m. Ryan
	Women & Weights 6 - 7 a.m. Katie		Women & Weights 6 - 7 a.m. Katie	
Student Athletes <i>Speed & Agility</i> 10 - 10:30 a.m.	Women & Weights 10 - 11 a.m. Linda	Student Athletes <i>Speed & Agility</i> 10 - 10:30 a.m.	Women & Weights 10 - 11 a.m. Linda	Student Athletes <i>Speed & Agility</i> 10 - 10:30 a.m.
Student Athletes <i>Strength Training</i> 10:45 - 11:30 a.m.		Student Athletes <i>Strength Training</i> 10:45 - 11:30 a.m.		Student Athletes <i>Strength Training</i> 10:45 - 11:30 a.m.
Hearth Healthy 11 - 11:45 a.m. Beacon Best Medicine Program		Hearth Healthy 11 - 11:45 a.m. Beacon Best Medicine Program		
Women & Weights 4 - 5 p.m. Carly	Student Athletes <i>Speed & Strength</i> 5 - 6 p.m.	Women & Weights 4 - 5 p.m. Carly	Student Athletes <i>Speed & Strength</i> 5 - 6 p.m.	
	FIT Strength 6 - 7 p.m.		FIT Strength 6 - 7 p.m.	

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

Contact Ryan

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:

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