



**SPORTS  
PERFORMANCE**

**PERFORMANCE**

*Classes*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		
	Women & Weights 10 - 11 a.m. Linda		Women & Weights 10 - 11 a.m. Linda	Cardio Drumming 10:15 - 11 a.m. Jess	Youth Athletes 10 - 11 a.m.
Hearth Healthy 11 - 11:45 a.m. Beacon Best Medicine Program	Hearth Healthy 11 - 11:45 a.m. Beacon Best Medicine Program	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		Women & Weights 4 - 5 p.m. Carly	
	Youth Athletes 5 - 6 p.m.		Youth Athletes 5 - 6 p.m.
Youth Athletes 6 - 7 p.m.	FIT Strength 6 - 7 p.m.	Youth Athletes 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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