



**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	Team Training 7 - 9 a.m.	
	Team Training 7 - 8 a.m.		Team Training 7 - 8 a.m.		
	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.
Heart Healthy 11 - 11:45 a.m. Beacon Best Medicine Program	Heart Healthy 11 - 11:45 a.m. Beacon Best Medicine Program	Heart Healthy 11 - 11:45 a.m. Beacon Best Medicine Program	Heart Healthy 11 - 11:45 a.m. Beacon Best Medicine Program	Team Training 11 a.m. - Noon	
Women & Weights 4 - 5 p.m. Carly		Women & Weights 4 - 5 p.m. Carly			
Team Training 5 - 7 p.m.	Youth Athletes 5 - 6 p.m.	Team Training 5 - 7 p.m.	Youth Athletes 5 - 6 p.m.		
Youth Athletes 6 - 7 p.m.		Youth Athletes 6 - 7 p.m.			

For more information, visit [beacon.health/SP](https://beacon.health/SP)

Contact Sarah: [SStrefling@BeaconHealthSystem.org](mailto:SStrefling@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.

## **Youth Athletes (Ages 10 - 18 years)**

The Youth 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.

## **Cardio Drumming**

High-intensity drumming which uses hand eye coordination and fun movements for the whole body. This class uses a stability ball, drum sticks and fun music to get your heart pumping.

## **Women & Weights**

This class is designed to improve overall fitness and strength to provide education about weight training. The goal is to help you gain strength, lean out, and build confidence.