



**SPORTS
PERFORMANCE**

PERFORMANCE

Classes

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	

Team Training 10 - 11 a.m.	Women & Weights 10 - 11 a.m. Linda	Team Training 10 - 11 a.m.	Women & Weights 10 - 11 a.m. Linda	Cardio Drumming 10:15 - 11 a.m. Jess
Heart Healthy 11 - 11:45 a.m. <i>Beacon Best Medicine Program</i>	Heart Healthy 11 - 11:45 a.m. <i>Beacon Best Medicine Program</i>	Heart Healthy 11 - 11:45 a.m. <i>Beacon Best Medicine Program</i>	Heart Healthy 11 - 11:45 a.m. <i>Beacon Best Medicine Program</i>	
Youth Athletes 11 a.m. - Noon		Youth Athletes 11 a.m. Noon		Youth Athletes 11 a.m. Noon

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.

For more information, visit beacon.health/SP



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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.