



**SPORTS
PERFORMANCE**

PERFORMANCE

Classes

Monday	Tuesday	Wednesday	Thursday	Friday
FIT Endurance 5 - 6 a.m. Ryan	HYROX 5 - 6 a.m. Jack	FIT Endurance 5 - 6 a.m. Ryan	HYROX 5 - 6 a.m. Jack	FIT Endurance 5 - 6 a.m. Ryan
	Women & Weights 6 - 7 a.m. Jenny		Women & Weights 6 - 7 a.m. Jenny	
	Women & Weights 10 - 11 a.m. Linda		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>	
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.	
HYROX 6 - 7 p.m. Caroline		HYROX 6 - 7 p.m. Jack		
Youth Athletes 6 - 7 p.m.		Youth Athletes 6 - 7 p.m.		

For more information, visit beacon.health/SP



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Class DESCRIPTIONS

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.

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.

**Sports Performance Membership Required*

HYROX

HYROX is the ultimate training in functional fitness. A complete functional athletic workout program implementing: Aerobic Capacity, Muscular Strength, Power, Agility, and Coordination. A challenging workout for all fitness levels!

**HYROX Membership Required*

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.

**A 6-Week Specialized Training Program*

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.

**Youth Athlete Membership Required*