



**SPORTS
PERFORMANCE**

Performance

Classes

Monday

Tuesday

Wednesday

Thursday

Friday

HYROX
5 - 6 a.m.
Jack

**Women &
Weights**
6 - 7 a.m.
Jenny

HYROX
5 - 6 a.m.
Jack

**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.
*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*

**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
5 - 6 p.m.

Youth Athletes
5 - 6 p.m.

HYROX
6 - 7 p.m. Caroline

HYROX
6 - 7 p.m. Jack

For more information, visit beacon.health/SP

Contact Sarah: ssrefling@beaconhealthsystem.org



**SPORTS
PERFORMANCE**

Class Descriptions

Cardio Drumming

High-intensity drumming that 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.

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