



Human Performance program schedule

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
4:00 a.m.													
5:00 a.m.													
6:00 a.m.	Perform Pro 5:30 to 6:30 a.m.		Perform Pro 5:30 to 6:30 a.m.		Perform Pro 5:30 to 6:30 a.m.		Perform Pro 5:30 to 6:30 a.m.		Perform Pro 5:30 to 6:30 a.m.				
7:00 a.m.	POWER 6:30 to 7:15 a.m.	PACE 6:30 to 7:30 a.m.	POWER 6:30 to 7:15 a.m.	PACE 6:30 to 7:30 a.m.	POWER 6:30 to 7:15 a.m.	PACE 6:30 to 7:30 a.m.	POWER 6:30 to 7:15 a.m.	PACE 6:30 to 7:30 a.m.	POWER 6:30 to 7:15 a.m.	PACE 6:30 to 7:30 a.m.			
8:00 a.m.	Perform Pro 8:00 to 9:00 a.m.		Perform Pro 8:00 to 9:00 a.m.		Perform Pro 8:00 to 9:00 a.m.		Perform Pro 8:00 to 9:00 a.m.		Perform Pro 8:00 to 9:00 a.m.		Perform + 8:00 to 9:00 a.m.		
9:00 a.m.	PERFORM 101 9:00 to 10:00 a.m.	Move Better 9:00 to 10:00 a.m.	PERFORM 101 9:00 to 10:00 a.m.		PERFORM 101 9:00 to 10:00 a.m.		PERFORM 101 9:00 to 10:00 a.m.		PERFORM 101 9:00 to 10:00 a.m.		Elite HP and Jump Start 9:00 to 10:00 a.m.	Discovery 9:30 to 10:15 a.m.	
10:00 a.m.	Perform+ 10:00 to 11:00 a.m.		Perform+ 10:00 to 11:00 a.m.		Perform+ 10:00 to 11:00 a.m.		Perform+ 10:00 to 11:00 a.m.		Perform+ 10:00 to 11:00 a.m.				
11:00 a.m.			HP Yoga 11:00 a.m. to 12:00 p.m.								TaeKwondo 10:15 a.m. to 11:00 a.m.	High Intensity Step 11:00 a.m. to 11:45 a.m.	
12:00 p.m.													
1:00 p.m.	Dash 12:00 to 1:00 p.m.		Dash 12:00 to 1:00 p.m.		Dash 12:00 to 1:00 p.m.		Dash 12:00 to 1:00 p.m.		Dash 12:00 to 1:00 p.m.				
2:00 p.m.													
3:00 p.m.													
4:00 p.m.	POWER 4:30 to 5:30 p.m.		Warriors Edge high school workout 4:30 to 5:30 p.m.		POWER 4:30 to 5:30 p.m.		Warriors Edge high school workout 4:30 to 5:30 p.m.						
5:00 p.m.	Discovery 4:30 to 5:30 p.m.				Discovery 4:30 to 5:30 p.m.								
6:00 p.m.	Perform+ 5:30 to 6:30 p.m.		Perform+ 5:30 to 6:30 p.m.		Perform+ 5:30 to 6:30 p.m.		Perform+ 5:30 to 6:30 p.m.						
7:00 p.m.	Jump Start 6:30 to 7:30 p.m.	EliteHP 6:30 to 7:30 p.m.	Discovery 6:00 to 6:45 p.m.	Jump Start 6:30 to 7:30 p.m.	Jump Start 6:30 to 7:30 p.m.	EliteHP 6:30 to 7:30 p.m.	Discovery 6:00 to 6:45 p.m.	Jump Start 6:30 to 7:30 p.m.	TaeKwondo 6 p.m. to 6:45 p.m.				
8:00 p.m.			Deep Stretch* 6:30 to 7:15 p.m.	EliteHP 6:30 to 7:30 p.m.			Deep Stretch* 6:30 to 7:15 p.m.	EliteHP 6:30 to 7:30 p.m.					

Class, instructor and time subject to change without notice. See center for most up-to-date schedule. *Deep Stretch class will not be held in the Human Performance area.

Program descriptions



For the young, currently competing athlete, our Jump Start and EliteHP classes will improve skill acquisition/application by focusing on speed, agility, strength, power, and recovery tactics. Our Coaches practice scientific-based training methods that will help you prepare for the collegiate and/or professional setting. Even more, we also believe that being an athlete is more than just physical. We are dedicated to developing high-caliber character and mental resiliency.

- **Discovery (middle school)** is a program for youth to learn and develop healthy habits. In a world that evolves around social media and video gaming, it is important to understand the benefits of living an active lifestyle. This class will help participants to physically and mentally engage with various activities.
- **Jump Start (middle school)** offers a safe environment for young athletes that are new to athletics and/or organized sports. Our goal is to build a solid foundation of speed, agility, and strength for their bright futures to come!
- **EliteHP (high school)** is geared towards our more seasoned high school athletes that are looking to take their skills to the next level. This class will focus in on fine-tuning skills that can be applied directly to each athlete's field of play.

PERFORM+

PERFORM 101

POWER

Perform+ and Power

For our members who are competing in after work/church leagues, retired their jersey, or just looking for a fulfilling workout, we still have to perform well at the daily tasks and responsibilities of life. Our varying classes promote strength-based, functional fitness to help with whatever is going on in your life. From running your fastest 5k to mowing the lawn and bringing the groceries in one trip, our training methods will keep you at the top!

- **POWER** is an advance class for individuals who are well versed in weight training and enjoy lifting heavy and moving with power. This class is centered around Olympic-lifting and maximal/sub-maximal-strength training.
- **Perform+** offers a strength-based focus on foundational lifts such as squats, deadlifts, lunges, etc. In this class you will learn proper form and train all planes of movement while progressively building strength and endurance.
- **Perform Pro** is exactly what the public has been asking for! This 60-minute class is a progression from our famous Perform + class. We will expand on the movements of Perform + and help athletes get to that next level. For Human Performance members only. Maximum 12 participants.
- **Perform 101** is an introductory class dedicated to teaching and fine-tuning fundamental exercises while working on mobility, and building stamina. It will also serve as a bridge program into our Perform + class.

Open Gym

As a part of the Human Performance center, we believe that our members should take ownership of their health and personal fitness journeys. With this belief, we do not want to confine your journey to only when we have class times. Open gym is a time for our members to take additional steps in reaching their goals. During these allotted times, a human performance coach/fitness specialist is available to assist upon request.

DASH

Pop in during your lunch break for a quality workout and finish off the rest of your day strong! The format of this class will be an abbreviated version of our Perform+ that will maintain strength, mobility, and endurance.

TaeKwondo

Learn how to defend yourself in an increasingly dangerous world. Acquire skills to protect against attackers wielding various weapons and learn instinctive reactions in different situations. Gain knowledge of fighting strategies involving counter-strikes to help you break out of holds and grabs.

Move Better is 45-minute stretch class helps with soreness and injury prevention for intense workouts that happen in Human Performance. For Human Performance members only. Maximum 22 participants.

PACE is an fusion of cardio and strength training. Strength training and cardio training combined improve your quality of life. Bringing these two together empowers us to improve our internal health and live longer, healthier lives. this format will push your to your limit and test your effort level each day! to put it simply "keep up the pace".

Step Class Participants will utilize a raised platform or step to step up, down, and around the platform, torching calories with every step.