

Class Schedule

*Members may use the Performance Institute when there are no classes in session. Classes are 1-hour long, Please refrain from entering when a class is in session.

Monday	Tuesday	Wednesday	Thursday	Friday
6 AM - 7 AM F.G.T	6 AM - 7 AM F.G.T	6 AM - 7 AM F.G.T	6 AM - 7 AM F.G.T	6 AM - 7 AM F.G.T
8 AM - 9 AM F.G.T		8 AM - 9 AM F.G.T		8 AM - 9 AM F.G.T
9:15AM - 10:15AM F.G.T		9:15AM - 10:15AM F.G.T		9:15AM - 10:15AM F.G.T
	12:30pm - 1:30pm Aerobic Balance		12:30pm - 1:30pm Aerobic Balance	
4pm - 5pm Aerobic Balance		3 PM - 4 PM Sports Performance		3 PM - 4 PM Sports Performance
5pm - 6pm Sports Performance	6pm - 7pm Sports Performance	5pm - 6pm Sports Performance		5pm - 6pm Sports Performance
	7pm - 8pm F.G.T		7pm - 8pm F.G.T	

Program Descriptions

Functional Group Training

All ages. Small Group Strength Training programs designed to help you move better, be healthier and improve your quality of life.

Sport Performance

Youth: Athletes ages 8-12. Deliberate play through: Awareness, Balance, Locomotion, Agility, Jumping, Throwing, Sprinting.

Middle School: Athletes ages 11-14. Teaching young athletes the fundamentals of strength and conditioning.

High School: Athletes ages 14-18. Structured program to improve strength, speed and power for competitive play

Aerobic Balance

Clinical members and golden agers looking to improve balance and prevent falls. Stability focused training that incorporates full body aerobics.