

## BUSINESS HOURS

Mon-Thur-5:30am-9pm

Friday - 5:30 am - 8 pm

Saturday - 7 am - 4 pm

Sunday - 8 am - 4 pm

**SCHEDULE EFFECTIVE 12/23/17**



**PERFORMANCE**  
HEALTH & FITNESS LLC

(603) 924 – 9010



www.perfhealth.com, info@perfhealth.com

## BABYSITTING HOURS

MORNING (AM)

MONDAY - FRIDAY: 9:00 – 1:00 PM

Reservations required

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45 - 6:30 AM Sunrise Cycle <i>Liane</i>		5:45 - 6:30 AM Sunrise Cycle <i>Liane</i>		
8:15 - 9:00 Group Cycling <i>Judy</i>	7:45 – 8:45 Yoga 101 <i>Nanette</i>	7:30 - 8:45 Vinyasa Flow Yoga **Last class each month is Meditation <i>Michelle</i>		7:30 - 8:45 Vinyasa Flow Yoga **Last class each month is Meditation <i>Michelle</i>	8:00-8:45 Pilates 101 <i>Jordana</i>	8:00 - 8:55 Group Cycling <i>Heather/Ursula</i>
8:15 – 9:15 Bootcamp <i>Heather/Lynn</i>	9:00 - 9:55 Group Cycling <i>Traci</i>	9:00 - 9:55 Max Strength <i>Traci</i>	9:00 – 9:55 Group Cycling <i>Judy</i>	9:00 - 9:55 Max Strength <i>Traci</i>	9:00 - 9:55 Group Cycling <i>Jordana</i>	
9:30-10:30 Yoga For Everyone <i>Caitlin</i>			10:00 – 11:15 Power Yoga <i>Traci</i>		10:00 – 10:45 Fusion Strength <i>Jordana</i>	
	12:05 - 12:50 Group Cycling <i>Lynn</i>	10:00-11:00 Adult Fitness/ Move Free <i>Carol</i>	12:05 – 12:50 Group Cycling <i>Heather</i>	10:00-11:00 Adult Fitness/ Move Free <i>Carol</i>	12:05 - 12:50 Group Cycling <i>Ursula</i>	
	5:00 – 6:00  <i>Denise</i>	12:05 - 12:50 Pilates Fusion <i>Traci</i>		12:05 - 12:50 Max Strength <i>Lynn</i>		<i>Any class can be modified to your level of fitness!</i>
<i>Call to reserve a bike for group cycling classes</i>		5:00 – 6:00 Max Strength 6:00 – 6:15 Stretch <i>Denise/Jill</i>		5:00 - 5:45 BodySHRED™ 5:45-6:00 Core 6:00-6:15 Stretch <i>Denise</i>		
	5:30-6:30 *Battle Rope Bootcamp <i>Ursula</i>	5:30-6:30 *ADVANCED Battle Rope Bootcamp <i>Ursula</i>	5:30-6:30 *Battle Rope Bootcamp <i>Ursula</i>	5:30-6:30 *ADVANCED Battle Rope Bootcamp <i>Ursula</i>		
<i>*Specialty Class See back for start date and fee</i>		5:45 - 6:45 Group Cycling <i>Lynn</i>		5:45 – 6:45 Group Cycling <i>Lynn</i>		<b>ZUMBA CLASS</b> Non-Member Fee <b>\$40 for</b> <b>10 sessions</b>
	6:30-7:30 Cardio Boxing Kickboxing with Bags <i>Traci/Carol</i>	6:30 - 7:45 Kripalu Yoga <i>Julie</i>	5:30 – 6:30  ZUMBA® <i>Traci/Gail</i>	6:30 - 7:45 Kripalu Yoga <i>Julie</i>		

CLASSES TAKE PLACE IN GROUP CYCLING ROOM

CLASSES TAKE PLACE IN THE PLAYGROUND

ALL OTHER CLASSES TAKE PLACE IN THE AEROBICS STUDIO



## CLASS DESCRIPTIONS:

### Adult Fitness/

**Move Free** Strength, balance & falls prevention class for populations with limitations such as Parkinson, arthritis, mild stroke and/or joint issues. Chair modifications are provided. Great for beginners, seniors and individuals recovering from injury.

**BodySHRED™** is a high intensity, fun and effective interval/circuit workout divided into sections of 3 minutes of strength moves, 2 minutes of cardio and 1 minute of core.

**CARDIO BOXING** This high-energy class combines the fundamental punches of boxing using the heavy bag with a high cardio kickboxing workout.

**Fusion Strength -** Combine the benefits of Pilates, Yoga and resistance training in one workout to increase flexibility, strength and balance. All levels

**Group Cycling** Basic cycling movements with motivational coaching. Fun, safe & effective for all levels

**Kripalu Yoga** A gentle approach to improve flexibility, strength and breathing techniques. All levels

**Max Strength** Push yourself to reach maximum strength and develop lean muscle! Class will include pyramid sets, slow and steady, heavy sets, and fewer reps.

**Pilates** Improve your core strength and stability; improve posture and flexibility -- a great complement to any fitness routine. All levels

**Pilates Fusion** Combine the benefits of Pilates, resistance training, yoga and cardio in one workout to increase flexibility, strength and balance -- a great complement to any fitness routine. All levels

**RIPPED™** Combine resistance training, intervals, power and plyometrics. Burn up to 1000 calories in 60 minutes!

**Tone & Sculpt** Utilize a variety of tools in this total body toning class. You will challenge your balance, strengthen muscles & joints, and increase flexibility. All levels

**Vinyasa Flow Yoga** This class links powerful breath with dynamic, ongoing flow of postures. Vinyasa yoga cultivates strength, endurance, flexibility, balance, focus, and serenity. The last class of each month is Meditation. All levels

**Yoga 101** Back to basics. This class is designed to improve your strength, flexibility and balance while experiencing the stress-relieving benefits of yoga. All levels

**ZUMBA** 1-Hour class alternating rhythms, giving participants a fun & effective calorie burning workout. It's about shaking, shimmying, sweating and having fun!

## SPECIALTY CLASSES: PRE-REGISTRATION REQUIRED

### **Battle Rope Bootcamp New Session Begins 12/11**

6 week session  
5:30-6:30 pm

**\$69.99 Members; \$99.99 Non Members**  
Using 30' Battle Ropes, this class combines strength and explosiveness to activate all the major muscle groups for a complete and total body workout with emphasis on core stability.

### **ADVANCED Battle Rope Bootcamp New Session Begins 12/11**

6 Week Session  
Tuesdays & Thursdays 5:30-6:30 pm

**\$69.99 Members; \$99.99 Non Members**  
Using 50' Battle Ropes and Cardio/Resistance stations, this advanced ropes class brings Battle Rope Bootcamp to the next level