

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 10/02/17



PERFORMANCE
HEALTH & FITNESS LLC

(603) 924 – 9010


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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>Jordana</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> | 8:00-8:30 *EXPRESS Battle Rope Bootcamp |
| | | 9:00-10:00 *Battle Rope Bootcamp <i>Lynn</i> | 10:00 – 11:15 Power Yoga <i>Traci</i> Begins October 18 | 10:00-11:00 *Battle Rope Bootcamp <i>Lynn</i> | 10:00 – 10:45 Fusion Strength <i>Jordana</i> | 9:00 - 9:55 Yoga/Pilates Fusion <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 RIPPED <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> | 4:45-5:15 *EXPRESS Battle Rope Bootcamp <i>Ursula</i> | 5:00 – 6:00 Max Strength 6:00 – 6:15 Stretch <i>Denise</i> | 4:45-5:15 *EXPRESS Battle Rope Bootcamp <i>Ursula</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> | | |
| *Specialty Class <i>See back for start date and fee</i> | 5:45-7:15 *CYCLE-CORE-FUSION <i>Judy</i> Begins November 6 | 5:45 - 6:45 Group Cycling <i>Lynn</i> | 5:45-7:15 *CYCLE-CORE-FUSION <i>Judy</i> Begins November 6 | 5:45 – 6:45 Group Cycling <i>Lynn</i> | | ZUMBA CLASS Non-Member Fee \$40 for 10 sessions |
| | 6:30-7:30 Cardio Boxing Kickboxing with Bags <i>Traci</i> Begins October 16 | 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

EXPRESS Battle Rope Bootcamp

New Session Begins 10/23

6 week session

Mondays & Wednesdays 4:45-5:15 pm

Saturdays 8:00-8:30 am

\$59.99 Members; \$79.99 Non Members

Battle Rope Bootcamp

New Session Begins 10/23

6 week session

Mondays & Wednesdays 5:30-6:30 pm

OR

Tuesdays 9:00-10:00 am and Thursdays

10:00-11:00 am

\$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 10/24

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

CYCLE-CORE-FUSION

Begins November 6

5 week session

Mondays & Wednesdays

5:45-7:15 pm

\$80 Members; \$120 Non Members

(60) minutes of targeted cycling followed by (30) minutes of challenging core building. Week 5 tests your limits with stage races, time trials, mountain passes, and more. Rides are geared to your ability and are realistic to outdoor riding.