

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 05/15/17



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 Steve		5:45 - 6:30 AM Sunrise Cycle Liane		
8:15 - 9:00 Group Cycling Steve	7:45 – 8:45 Yoga 101 Nanette	7:30 - 8:45 Vinyasa Flow Yoga Michelle		7:30 - 8:45 Vinyasa Flow Yoga Michelle	8:00-8:45 Pilates 101 Jordana	8:00 - 8:55 Group Cycling Jordana
8:15 – 9:15 Bootcamp Heather/Lynn	9:00 - 9:55 Group Cycling Traci	9:00 - 9:55 Max Strength Traci	9:00 – 9:55 Group Cycling Judy	9:00 - 9:55 Balance Ball Traci	9:00 - 9:55 Group Cycling Jordana	9:00 - 9:55 Yoga/Pilates Fusion Jordana
9:25 – 10:25 Yoga for Everyone All Levels Julie, Traci, Nanette	10:00 – 10:30 CORE Traci	9:00-10:00 *Battle Rope Bootcamp Lynn Begins 03/28/17	10:00 – 11:15 Power Yoga Traci	10:00-11:00 *Battle Rope Bootcamp Lynn	10:00 – 11:00 Fusion Strength Jordana	8:00-8:30 *Battle Rope Bootcamp EXPRESS Ursula
	12:05 - 12:50 Group Cycling Lynn	10:00-11:00 Adult Fitness/ Move Free Carol	12:05 – 12:50 Group Cycling Heather	10:00-11:00 Adult Fitness/ Move Free Carol	12:05 - 12:50 Group Cycling Steve	
		12:05 - 12:50 Pilates Fusion Traci		12:05 - 12:50 Max Strength Lynn		<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 RIPPED THE ONE STOP BODY SHOCK™ Denise	5:00 – 6:00 Max Strength Denise		5:00 - 5:45 BodySHRED™ Denise 5:45-6:00 CORE		
	4:45-5:15 *Battle Rope Bootcamp EXPRESS Ursula Begins 03/27/17	5:30-6:30 *ADVANCED Battle Rope Bootcamp Ursula	4:45-5:15 *Battle Rope Bootcamp EXPRESS Ursula	5:30-6:30 *ADVANCED Battle Rope Bootcamp Ursula		
<i>*Specialty Class See back for start date and fee</i>		5:45 - 6:45 Group Cycling Lynn	5:30 – 6:30  ZUMBA® Traci/Gail	5:45 – 6:45 Group Cycling Lynn		ZUMBA CLASS Non-Member Fee \$40 for 10 sessions
	5:30-6:30 *Battle Rope Bootcamp Ursula	6:00 – 6:15 Stretch Denise	5:30-6:30 *Battle Rope Bootcamp Ursula	6:00 – 6:15 Stretch Denise		
		6:30 - 7:45 Kripalu Yoga Julie		6:30 - 7:45 Kripalu Yoga Julie		

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.
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!
Stability Ball +	Utilize the stability ball plus body bar, dumbbells and bands, as you challenge your balance, increase your stamina and improve your strength & flexibility. All levels
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. 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
Yoga for Everyone	Improve your strength, flexibility and balance while experiencing the stress-relieving benefits of yoga. This class is for the first time participant through advanced level. Level 2 is more for the advanced level.
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: NEXT 6-WEEK SESSION BEGINS THE WEEK OF MAY 15. PRE-REGISTRATION REQUIRED

Battle Rope Bootcamp EXPRESS

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

6 week session
 Mondays & Wednesdays 5:30-6:30 pm
 OR
 Tuesdays 9:00-10:00 & Thursdays 10:00-11:00 am
 \$69.99 Members; \$99.99 Non Members
 Using 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
 6 Week Session
 Tuesdays & Thursdays 5:30-6:30 pm
 \$69.99 Members; \$99.99 Non Members
 Using Battle Ropes and Cardio/Resistance stations, this advanced ropes class brings Battle Rope Bootcamp to the next level