

Performance Center Program Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 – 7 am		Morning Jolt Circuit		The “Big Lift” Circuit		TGIF Circuit	
8:15 – 9 am			Muscle Madness Circuit		Totally Grounded Circuit		Weekend Warriors 8:30-9:15am
9:30–10:15 am		Muscle Madness Circuit	No Limits 9:15 – 10 am	The “Big Lift” Circuit	No Limits 9:15 – 10 am	TGIF Circuit	
10:15 – 11 am			Hard Core Flex 10:15 – 10:45 am		Hard Core Flex 10:15 – 10:45 am		
11 – Noon	Weekend Warriors Circuit				Balanced Bones 11:15– 11:55 am		
Noon – 1 pm	FAMILY No Limits 12:30–1:15 pm	Muscle Madness Circuit	Totally Grounded Circuit	The “Big Lift” Circuit	Totally Grounded Circuit	Lift & Cycle In iCycle Room	
1:05-1:50 P.M.			Balanced Bones				
4:15-5:00pm 5:30 – 6:30 pm			H.E.A.T. Xtreme Ultimate Intervals Circuit		H.E.A.T. Xtreme Ultimate Intervals Circuit		
7:15-8:00pm					H.E.A.T Extreme		

Performance Center Class Descriptions

ULTIMATE INTERVALS

If you are looking for variety, look no further! This class will combine strength conditioning and cardiovascular exercises in a fun format.

LIFT AND CYCLE

This class begins with a 20 minute upper body strength workout followed by 20 minutes of cycling.

NO LIMITS

An athletic-based cardio/strength interval class which will challenge you with non-stop speed, plyometric and agility drills. (Meet on the court)

BALANCED BONES

This is a 45 minute class mixing balance and exercises to build your bones and improve posture.

HARD CORE FLEX

This is a 30 minute class focusing on building a strong body – through core exercises and flexibility. Meet in Group Fitness Studio.

H.E.A.T. High Energy Active Tweens

New exercise experiences! Active team games, sports, relays and more!

MORNING JOLT

Kick off each Monday morning with this class. You will experience variety, strength and cardio intervals. Finish with exercises that strengthen your core. by

TOTALLY GROUNDED

This fun class is purposeful training that works the entire body. It focuses on multi-joint movement that works on stability and balance movement patterns. Most of the drills are done with the feet on the ground.

THE “BIG LIFT”

This class utilizes big muscle exercises like the squat, bench press, clean deadlift and military press for big results.

MUSCLE MADNESS

This cardio/strength interval class will focus on challenging your muscles by working them differently each class session.

TGIF

Thank goodness it's Friday. Kick off the weekend with this great interval workout. Variety is the key to this class.

WEEKEND WARRIOR

No two classes will be the same. Experience a variety of instructors throughout each month.

Body-Shock

This is a great way to try group personal training. Need an extra push? Want to try TRX training. \$5.00 a person. No minimum participants required

H.E.A.T. Xtreme

Calling all 9-12 year olds for one

Action-packed and dynamic workout! Every class will be different! Kids will Have a blast while learning how they Can turn everyday items like milk jugs, ropes and tires into part of a cool exercise routine!! Meet us on the gym floor and get ready for some heat!



Performance Center Program Schedule and Class Descriptions

SANFORD[™]
HEALTH