



Human Performance program schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 a.m.							
5:00 a.m.	Perform+ 5:00 to 6:00 a.m.	Perform+ 4:30 to 5:30 a.m.	Perform+ 5:00 to 6:00 a.m.	Perform+ 4:30 to 5:30 a.m.	Perform+ 5:00 to 6:00 a.m.		
6:00 a.m.	PACE 6:00 to 7:00 a.m.	Perform+ 6:00 to 7:00 a.m.	Perform+ 6:00 to 7:00 a.m.	Perform+ 6:00 to 7:00 a.m.	PACE 6:00 to 7:00 a.m.		
7:00 a.m.						Perform+ 7:30 to 8:30 a.m.	
8:00 a.m.							
9:00 a.m.		Perform+ 9:00 to 10:00 a.m.		Perform+ 9:00 to 10:00 a.m.			
10:00 a.m.	Perform+ 10:00 to 11:00 a.m.		Perform+ 10:00 to 11:00 a.m.		Perform+ 10:00 to 11:00 a.m.	EliteHP 10:00 to 11:15 a.m.	
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							Recovery 3:00 to 4:00 p.m.
4:00 p.m.		EliteHP 4:00 to 5:15 p.m.		EliteHP 4:00 to 5:15 p.m.	EliteHP 4:00 to 5:15 p.m.		
5:00 p.m.	EliteHP 5:00 to 6:15 p.m.		EliteHP 5:00 to 6:15 p.m.				Perform+ 5:00 to 6:00 p.m.
6:00 p.m.	Perform+ 5:30 to 6:30 p.m.		PACE 6:30 to 7:30 p.m.		Perform+ 5:30 to 6:30 p.m.		
7:00 p.m.							
8:00 p.m.	EliteHP 8:00 to 9:15 p.m.		EliteHP 8:00 to 9:15 p.m.				
9:00 p.m.							

Class, instructor and time subject to change without notice. See center for most up-to-date schedule.

Program descriptions

EliteHP

For the young, currently competing athlete (or those who would like to train as one), our EliteHP classes will improve skill acquisition/application by focusing on speed, agility, strength, power, and recovery tactics. Our Coaches practice scientific-based training methods that will help you prepare for the collegiate and/or professional setting. Even more, we also believe that being an athlete is more than just physical. We are dedicated to developing high-caliber character and mental resiliency.

EliteHP Class Format (1hr,15min)

Dynamic Warm-Up	10-15 min
Speed + Agility	20-25 min
Strength + Power	20-25 min
Cool-Down	10 min

Perform+ / PACE

For our members who are competing in afterwork/church leagues, retired their jersey, or just looking for a fulfilling workout, we still have to perform well at the daily tasks and responsibilities of life. Our various classes promote strength-based, functional fitness to support your fitness needs. From running your fastest 5k, mowing the lawn or carrying all your groceries in one trip, our training methods will keep you at the top!

- **Perform+** offers a strength-based focus on foundational lifts such as squats, deadlifts, lunges, etc. In this class you will learn proper form and train using all planes of movement while progressively building strength and endurance.
- **PACE** is for individuals who dislike the idea of running on the treadmill or working on the elliptical for hours at a time, but still desire cardiovascular training. This class will use unique equipment such as tires, battle ropes, and rowers to produce training effects similar to more traditional forms of cardio.

Perform + / PACE Class Format (1hr)

Dynamic Warm-Up	10-15 min
Strength Session	35-40 min
Cool-Down	10 min

Recovery

Whether you are ending the week or just starting, focusing on getting your body recovered is key. Utilizing both land and aqua modalities including self-myofascial release, low-intensity dynamic movements, mobility drills, and more, get your body in tip top shape for the next big challenge.

*Please check with your Coach prior to class to determine if it will be held on land or in the water that day.