



# Human Performance program schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 a.m.						
5:00 a.m.	<b>Perform+</b> 5:30 to 6:30 a.m.	<b>Perform+</b> 5:30 to 6:30 a.m.	<b>Perform+</b> 5:30 to 6:30 a.m.	<b>Perform+</b> 5:30 to 6:30 a.m.	<b>Perform+</b> 5:30 to 6:30 a.m.	
6:00 a.m.	<b>PACE</b> 6:30 to 7:30 a.m.	<b>PACE</b> 6:30 to 7:30 a.m.	<b>PACE</b> 6:30 to 7:30 a.m.	<b>PACE</b> 6:30 to 7:30 a.m.	<b>PACE</b> 6:30 to 7:30 a.m.	
7:00 a.m.	<b>Reserved Training</b> 7:30 to 8:30 a.m.		<b>Reserved Training</b> 7:30 to 8:30 a.m.		<b>Reserved Training</b> 7:30 to 8:30 a.m.	<b>Perform+</b> 7:30 to 8:30 a.m.
8:00 a.m.	<b>Reserved Training</b> 8:30 to 9:30 a.m.	<b>Reserved Training</b> 8:00 to 9:00 a.m.	<b>Reserved Training</b> 8:30 to 9:30 a.m.	<b>Reserved Training</b> 8:00 to 9:00 a.m.	<b>Reserved Training</b> 8:30 to 9:30 a.m.	
9:00 a.m.	<b>Perform+</b> 9:30 to 10:30 a.m.	<b>Perform+</b> 9:30 to 10:30 a.m.	<b>Perform+</b> 9:30 to 10:30 a.m.	<b>Perform+</b> 9:30 to 10:30 a.m.	<b>Perform+</b> 9:30 to 10:30 a.m.	<b>Reserved Training</b> 9:00 to 10:15 a.m.
10:00 a.m.	<b>Reserved Training</b> 10:30 to 11:45 a.m.	<b>Reserved Training</b> 10:30 to 11:45 a.m.	<b>Reserved Training</b> 10:30 to 11:45 a.m.	<b>Reserved Training</b> 10:30 to 11:45 a.m.	<b>Reserved Training</b> 10:30 to 11:45 a.m.	<b>Reserved Training</b> 10:30 to 11:45 a.m.
11:00 a.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.
12:00 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.	<b>Reserved Training</b> 12:00 to 1:15 p.m.
1:00 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.
2:00 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Reserved Training</b> 1:30 to 2:45 p.m.	<b>Recovery</b> 2:00 to 3:00 p.m.
3:00 p.m.	<b>Reserved Training</b> 3:00 to 4:15 p.m.	<b>Reserved Training</b> 3:00 to 4:15 p.m.	<b>Reserved Training</b> 3:00 to 4:15 p.m.	<b>Reserved Training</b> 3:00 to 4:15 p.m.	<b>Reserved Training</b> 3:00 to 4:15 p.m.	<b>Perform+</b> 3:30 to 4:30 p.m.
4:00 p.m.	<b>Reserved Training</b> 4:15 to 5:30 p.m.	<b>Reserved Training</b> 4:15 to 5:30 p.m.	<b>Reserved Training</b> 4:15 to 5:30 p.m.	<b>Reserved Training</b> 4:15 to 5:30 p.m.	<b>Reserved Training</b> 4:15 to 5:30 p.m.	
5:00 p.m.	<b>EliteHP</b> 5:45 to 7:00 p.m.	<b>EliteHP</b> 5:45 to 7:00 p.m.	<b>EliteHP</b> 5:45 to 7:00 p.m.	<b>EliteHP</b> 5:45 to 7:00 p.m.	<b>EliteHP</b> 5:45 to 7:00 p.m.	
6:00 p.m.	<b>Perform+</b> 7:00 to 8:00 p.m.	<b>Perform+</b> 7:00 to 8:00 p.m.	<b>Perform+</b> 7:00 to 8:00 p.m.	<b>Perform+</b> 7:00 to 8:00 p.m.		
7:00 p.m.						
8:00 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

## Jump Start / EliteHP

For the young, currently competing athlete, our Jump Start and 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.

- **Jump Start (middle school)** offers a safe environment for young athletes that are new to athletics and/or organized sports. Our goal is to build a solid foundation of speed, agility, and strength for their bright futures to come!
- **EliteHP (high school)** is geared towards our more seasoned high school athletes that are looking to take their skills to the next level. This class will focus in on fine-tuning skills that can be applied directly to each athlete's field of play.

### Jump Start / EliteHP Class Format (1hr-1:15min)

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

## Perform+ / PACE (16 years and older)

For our members who are competing in after work/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 varying classes promote strength-based, functional fitness to help with whatever is going on in your life. From running your fastest 5k to mowing the lawn and bringing the 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 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 like tires, battle ropes, and rowers to produce training effects similar to more traditional forms of cardio.

### Perform + / PACE Class Format (1hr)

<b>Dynamic Warm-Up</b>	10-15 min
<b>Strength Session</b>	35-40 min
<b>Cool-Down</b>	10 min

## Open Gym

As a part of the Human Performance center, we believe that our members should take ownership of their health and personal fitness journeys. With this belief, we do not want to confine your journey to only when we have class times. Open gym is a time for our members to take additional steps in reaching their goals. During these allotted times, a human performance coach/fitness specialist is available to assist upon request.