



# Human Performance program schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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>COMPETE</b> 6:30 to 7:30 a.m.	<b>Perform+</b> 6:30 to 7:30 a.m.	<b>COMPETE</b> 6:30 to 7:30 a.m.	<b>Perform+</b> 6:30 to 7:30 a.m.	<b>COMPETE</b> 6:30 to 7:30 a.m.		
7:00 a.m.	<b>POWER</b> 6:30 to 7:15 a.m.		<b>POWER</b> 6:30 to 7:15 a.m.		<b>POWER</b> 6:30 to 7:15 a.m.		
8:00 a.m.	<b>Perform+</b> 8:00 to 9:00 a.m.	<b>Perform+</b> 8:00 to 9:00 a.m.	<b>Perform+</b> 8:00 to 9:00 a.m.	<b>Perform+</b> 8:00 to 9:00 a.m.	<b>Perform+</b> 8:00 to 9:00 a.m.	<b>Perform+</b> 8:00 to 9:00 a.m.	
9:00 a.m.							
10:00 a.m.	<b>Perform+</b> 10:00 to 11:00 a.m.	<b>Perform+</b> 10:00 to 11:00 a.m.	<b>Perform+</b> 10:00 to 11:00 a.m.	<b>Perform+</b> 10:00 to 11:00 a.m.	<b>Perform+</b> 10:00 to 11:00 a.m.	<b>Jump Start</b> 9:30 to 10:30 a.m.	<b>Discovery</b> 9:30 to 10:15 a.m.
11:00 a.m.							
12:00 p.m.	<b>Dash</b> 12:00 to 12:45 p.m.	<b>Dash</b> 12:00 to 12:45 p.m.	<b>Dash</b> 12:00 to 12:45 p.m.	<b>Dash</b> 12:00 to 12:45 p.m.	<b>Dash</b> 12:00 to 12:45 p.m.		
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	<b>Perform+</b> 5:00 to 6:00 p.m.	<b>Perform+</b> 5:00 to 6:00 p.m.	<b>Perform+</b> 5:00 to 6:00 p.m.	<b>Perform+</b> 5:00 to 6:00 p.m.	<b>Perform+</b> 5:00 to 6:00 p.m.		
6:00 p.m.	<b>EliteHP</b> 6:00 to 7:30 p.m.	<b>Jump Start/Discovery</b> 6:00 to 7:00 p.m.	<b>EliteHP</b> 6:00 to 7:30 p.m.	<b>Jump Start/Discovery</b> 6:00 to 7:00 p.m.	<b>EliteHP</b> 6:00 to 7:30 p.m.		
7:00 p.m.		<b>Yoga</b> 6:30 to 7:15 p.m.		<b>Yoga</b> 6:30 to 7:15 p.m.			
8:00 p.m.							

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

# Program descriptions



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.

- **Discovery (middle school)** is a program for youth to learn and develop healthy habits. In a world that evolves around social media and video gaming, it is important to understand the benefits of living an active lifestyle. This class will help participants to physically and mentally engage with various activities.
- **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.

## Class Format (45 min-1:30 min)

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



### Perform+ / Power, Compete

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!

- **POWER** is an advance class for individuals who are well versed in weight training and enjoy lifting heavy and moving with power. This class is centered around Olympic-lifting and maximal/sub-maximal-strength training.
- **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.
- **COMPETE** The Human Performance staff would like to present our latest class, Compete! This class will be dedicated to individuals who like to not only push themselves to the limit, but those around them as well. Each workout will offer NEW fitness challenges in unconventional, yet structured ways. Whether it be individually, with a partner, or as a team – be ready to COMPETE!

## Class Format (1 hr)

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

### DASH

Pop in during your lunch break for a quality workout and finish off the rest of your day strong! The format of this class will be an abbreviated version of our Perform+ that will maintain strength, mobility, and endurance.