

## BUSINESS HOURS

Mon-Thur-5:30am-9pm  
 Friday - 5:30 am - 8 pm  
 Saturday - 7 am - 4 pm  
 Sunday - 8 am - 4 pm



**PERFORMANCE**  
 HEALTH & FITNESS LLC

PHONE: (603) 924-9010  
 FAX: (603) 924-2391  
 WEB: perfhealth.com

## BABYSITTING HOURS




**MORNING (AM)**  
 MONDAY - FRIDAY: 9 - 11:45 AM  
**EVENING (PM)**  
 MONDAY - THURSDAY: 3:30- 7:45 PM



# AEROBICS CLASS SCHEDULE

EFFECTIVE AS OF JANUARY 2, 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:30 AM Sunrise Cycle Steve		5:45-6:30 AM Sunrise Cycle Steve			
7:45-8:45 Tai Chi/ Yoga TerryAnn	7:30-8:45 Vinyasa Flow Yoga Michelle	7:30-8:30 Yoga Barre Nanette	7:30-8:45 Vinyasa Flow Yoga Michelle	7:45-8:45 Tai Chi/Yoga TerryAnn	8:00-9:00 Group Cycling Jordana	
9:15-10:15 SMACK Traci	9:15-10:15 Max Strength Traci	9:15 - 10:00 Group Cycling Traci	9:15-10:15 Stability Ball + Traci	9:15-10:15 Group Cycling Jordana	9:00-10:00 Deeper Definition Jordana	9:00 - 10:00 Group Cycling Ann
10:15-11:30 Kripalu Yoga Julie	10:15 - 11:00 *  Traci	10:00-10:45 Pilates Fusion Traci		10:15-11:00 Pilates Plus Jordana		
12:05-12:50 Group Cycling Candy	12:05-12:50 Pilates Candy	12:05-12:50 Cycle/Bootcamp Candy	12:05-12:50 Pilates Fusion Candy	12:05-12:50 Kickbox Circuit Candy		
	4:30-5:30 Hip Hop / Jazz / Modern Dance Kimberly		4:30-5:00 Cardio Kickbox ----- 5:00 - 5:30 Pilates Candy	4:30 - 5:30 *  Stephanie		<i>Please sign up for group cycling classes to reserve a bike!</i>
5:15-6:00 20/20 Denise	5:30-6:30 Max Strength Denise	5:30 - 6:30 *  Traci	5:30-6:30 Step Circuit Denise			
6:00-6:30 Express Sculpt Denise						
6:30 - 7:15 Group Cycling Judy	6:30-7:45 Kripalu Yoga Julie	6:30 - 7:15 Group Cycling Judy	6:30-7:45 Kripalu Yoga Julie			

**\* PLEASE SIGN UP AT FRONT DESK FOR SPECIALTY CLASSES**



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**CLASS  
DESCRIPTIONS:**

- 20/20 -** This class maximizes your workout with ab sculpting moves and fat burning cardio! You'll enjoy the variety of 20 minutes of high energy turbokick and 20 minutes of step.
- Deeper Definition -** This class will burn an average of 400 calories or more in 1 hour! Work your entire body from head to toe; each muscle group worked hard in 4 min sets. Increase metabolism & your body's fat burning ability. Intermediate/advanced
- Group Cycling -** Basic cycling movements with motivational coaching. Fun, safe & effective for all levels
- Kickbox Circuit -** Combine exercises from martial arts and athletic training, focusing on cardio intervals, strength training, core and more. All levels
- Kripalu Yoga -** A gentle approach to improve flexibility, strength and breathing techniques. All levels
- Maximum 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, Yoga and resistance training in one workout to increase flexibility, strength and balance. All levels
- S.M.A.C.K** Salsa, muscle, abs, & cardio kickboxing. Strength and Cardio in one hour packed high energy workout!
- 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
- Tai-Chi/Yoga Fusion -** Experience some of the oldest exercise forms on the planet through gentle moving meditation. Leave feeling invigorated, energized and more balanced from this natural flow of wellness. Class will include Tai-Chi, Qi Gong and Yoga. All levels
- Total Sculpt -** Total body integrated movement using resistance tools to increase lean muscle & burn calories- 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 Barre -** A fusion class incorporating dance warm-up, ballet barre and flow yoga. Floor Barre uses movement, line, breath and strength to energize and focus your mind and body. Low impact shoes and socks or ballet shoes are needed for this class.
- Yoga Variations -** Come join us for a different view of an ancient practice. Alternating methods including: partner, warm, advanced poses, and vigorous (increased speed of flow)
- Zumba -** 1-Hour class uses the interval training principle, alternating fast and slower rhythms, giving participants a calorie burning workout that's both fun and effective. Zumba is about shaking, shimmying, and sweating to an infectious Latin beat and just plain having fun! Wear usual gym clothes and shoes.

**SPECIALTY  
CLASSES**

**LADIES Total Body Fitness:**

Wednesday 9:30 – 10:30 am &  
Friday 9:30 – 10:30 am  
9 week session

**LADIES R.I.P.P.E.D:**

Wednesday 6:30 – 7:30 pm &  
Friday 5:30 – 6:30 pm  
9 week session

**ZUMBA:**

Non-Member Fee  
\$50 for 10 sessions

**KIDS CAMP:**

**Fitness Class for Kids Ages 4 - 10**

Monday's - 4:05 – 4:50 pm with TerryAnn  
12-week session \$60, Per Class fee - \$7  
Start Date TBA \*

*\* We would love to run our Kids Camp with enough interest...if interested please call!  
Babysitting is available at these times*