

## BUSINESS HOURS

Mon-Thur-5:30am-9pm

Friday - 5:30 am - 8 pm

Saturday - 7 am - 4 pm

Sunday - 8 am - 4 pm

**SCHEDULE EFFECTIVE 01/01/19**



**PERFORMANCE**  
HEALTH & FITNESS LLC

(603) 924 – 9010


www.perfhealth.com, info@perfhealth.com

## BABYSITTING HOURS

MORNING (AM)

MONDAY - FRIDAY: 9:00 – 1:00 PM

Reservations required

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:45 – 8:45 Yoga 101 Nanette	5:45 - 6:30 AM Sunrise Cycle Liane		5:45 - 6:30 AM Sunrise Cycle Liane	8:00-9:00 Kripalu Yoga Julie	
8:15 - 9:00 Group Cycling Rachelle/Caitlin S	9:00-9:55 Muscle Toning Heather	7:30 - 8:45 Vinyasa Flow Yoga **Last class each month is Meditation Michelle	9:00-9:55 Muscle Toning Heather	7:30 - 8:45 Vinyasa Flow Yoga **Last class each month is Meditation Michelle	9:00-10:00 Mobility, Strength & Flexibility 20/20/20 Nanette	8:00 - 8:55 Group Cycling Rachelle
8:15 – 9:15 Bootcamp Ursula/Lynn	9:00 - 9:55 Group Cycling Caitlin S	9:00 - 9:55 Max Strength Traci	9:00 – 9:55 Group Cycling Judy	9:00 - 9:55 Intervals Heather	9:00 - 9:55 Group Cycling Heather	
9:30-10:30 Yoga For Everyone Caitlin		10:00-11:00 Adult Fitness/ Move Free Heather	10:00 – 11:15 Power Yoga Traci	10:00-11:00 Adult Fitness/ Move Free Heather	10:00 – 10:45 Max Strength Heather	
	12:05 - 12:50 Group Cycling Lynn Snow	12:05 - 12:50 Max Strength Lynn Snow	12:05 – 12:50 Group Cycling Heather	12:05 - 12:50 Interval Workout Heather	12:05 - 12:50 Group Cycling Caitlin S	
	5:00 – 6:00 <b>RIPPED</b> THE ONLY STOP BODY INNOVATION Denise	5:00 – 6:00 Max Strength 6:00 – 6:15 Stretch Denise	5:30 – 6:30  ZUMBA® Traci			<i>Any class can be modified to your level of fitness!</i>
<i>Call to reserve a bike for group cycling classes</i>		<b>4:30-5:30</b> <b>INTERMEDIATE</b> <b>*Battle Rope</b> <b>Bootcamp</b> Ursula		<b>4:30-5:30</b> <b>INTERMEDIATE</b> <b>*Battle Rope</b> <b>Bootcamp</b> Ursula		
	<b>5:30-6:30</b> <b>*Battle Rope</b> <b>Bootcamp</b> Ursula	<b>5:30-6:30</b> <b>*ADVANCED</b> <b>Battle Rope</b> <b>Bootcamp</b> Ursula	<b>5:30-6:30</b> <b>*Battle Rope</b> <b>Bootcamp</b> Ursula	<b>5:30-6:30</b> <b>*ADVANCED</b> <b>Battle Rope</b> <b>Bootcamp</b> Ursula		
<b>*Specialty Class</b> <i>See back for start date and fee</i>	<b>5:30-7:00</b> <b>*Cycle-Core-Fusion</b> Judy	5:45 - 6:45 Group Cycling Lynn Snow	<b>5:30-7:00</b> <b>*Cycle-Core-Fusion</b> Judy	5:45 – 6:45 Group Cycling Lynn Snow		<b>ZUMBA CLASS</b> <b>Non-Member Fee</b> <b>\$40 for</b> <b>10 sessions</b>
		6:30 - 7:45 Kripalu Yoga Julie				

CLASSES TAKE PLACE IN GROUP CYCLING ROOM

CLASSES TAKE PLACE IN THE PLAYGROUND

ALL OTHER CLASSES TAKE PLACE IN THE AEROBICS STUDIO



**PERFORMANCE  
HEALTH & FITNESS LLC**

**CLASS DESCRIPTIONS:**

**Adult Fitness/**

**Move Free** Strength, balance & falls prevention class for populations with limitations such as Parkinson, arthritis, mild stroke and/or joint issues. Chair modifications are provided. Great for beginners, seniors and individuals recovering from injury.

**BodySHRED™** is a high intensity, fun and effective interval/circuit workout divided into sections of 3 minutes of strength moves, 2 minutes of cardio and 1 minute of core.

**Fusion Strength -** Combine the benefits of Pilates, Yoga and resistance training in one workout to increase flexibility, strength and balance. All levels

**Group Cycling** Basic cycling movements with motivational coaching. Fun, safe & effective for all levels

**Kripalu Yoga** A gentle approach to improve flexibility, strength and breathing techniques. All levels

**Max Strength** Push yourself to reach maximum strength and develop lean muscle! Class will include pyramid sets, slow and steady, heavy sets, and fewer reps.

**Mobility, Strength & Flexibility** A comprehensive fitness fusion class built around three 20 minute blocks. Special attention is paid to proper alignment, form, breathing for enhanced performance in these three fundamental aspects of fitness. Great for the beginner, recovery from a race or competition, returning from injury, or...to check in on your technique! Shoes and yoga mat required. All levels.

**Muscle Toning** A dynamic, fun class utilizing dumbbells that will keep you strong and functioning for years to come.

**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, resistance training, yoga and cardio in one workout to increase flexibility, strength and balance -- a great complement to any fitness routine. All levels

**RIPPED™** Combine resistance training, intervals, power and plyometrics. Burn up to 1000 calories in 60 minutes!

**Tone & Sculpt** Utilize a variety of tools in this total body toning class. You will challenge your balance, strengthen muscles & joints, and increase flexibility. 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. The last class of each month is Meditation. All levels

**Yoga 101** Back to basics. This class is designed to improve your strength, flexibility and balance while experiencing the stress-relieving benefits of yoga. All levels

**ZUMBA** 1-Hour class alternating rhythms, giving participants a fun & effective calorie burning workout. It's about shaking, shimmying, sweating and having fun!

**SPECIALTY CLASSES: PRE-REGISTRATION REQUIRED**

**Battle Rope Bootcamp**  
**New Session Begins 02/04**  
6 week session  
4:30-5:30 pm  
\$69.99 Members; \$99.99 Non Members  
Using 30' Battle Ropes, this class combines strength and explosiveness to activate all the major muscle groups for a complete and total body workout with emphasis on core stability.

**MONDAYS AND WEDNESDAYS 5:30-6:30**

**INTERMEDIATE Battle Rope Bootcamp**  
**New Session Begins 02/05**  
6 Week Session  
Tuesdays & Thursdays 4:30-5:30 pm  
\$69.99 Members; \$99.99 Non Members

**ADVANCED Battle Rope Bootcamp**  
**New Session Begins 02/05**  
6 Week Session  
Tuesdays & Thursdays 5:30-6:30 pm  
\$69.99 Members; \$99.99 Non Members  
Using 50' Battle Ropes and Cardio/Resistance stations, this advanced ropes class brings Battle Rope Bootcamp to the next level

**CYCLE-CORE-FUSION**  
**New Session Begins 01/07**  
5 week session  
Mondays & Wednesdays  
5:30-7:00 pm  
\$80 Members; \$120 Non Members  
(60) minutes of targeted cycling followed by (30) minutes of challenging core building. Week 5 tests your limits with stage races, time trials, mountain passes, and more. Rides are geared to your ability and are realistic to outdoor riding.