

**PRE-REGISTRATION
REQUIRED FOR ALL
GROUP EXERCISE
CLASSES**



**PERFORMANCE
HEALTH & FITNESS LLC**

**CLICK ON SCHEDULING LINK ON OUR
FACEBOOK PAGE OR WEBSITE TO
RESERVE A SPOT IN AN UPCOMING
CLASS**

SCHEDULE EFFECTIVE 06/01/2020

(603) 924 – 9010

www.perfhealth.com, info@perfhealth.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45 - 6:30 AM Sunrise Cycle <i>Liane</i>		5:45 - 6:30 AM Sunrise Cycle <i>Liane</i>		
	7:45 – 8:45 Yoga 101 Via ZOOM <i>Nanette</i> Call or email for link				9:00-10:00 Mobility, Strength & Flexibility 20/20/20 <i>Nanette</i> Via ZOOM Call or email for link	8:00 –9:00 RIPPED <small>THE ONE STOP FITNESS</small> <i>Denise</i> Via ZOOM Call or email for link
8:15 – 9:15 Bootcamp Outside (weather permitting) Or in Aerobics Studio Also available via ZOOM Call or email for Link <i>Ursula</i>		9:00 - 9:55 Max Strength <i>Aileen</i>	9:00 – 9:55 Group Cycling <i>Ursula</i>	9:00 - 9:55 Max Strength <i>Aileen</i>		
	12:05 - 12:50 Group Cycling <i>Ursula</i>	12:05 - 12:50 Strength Outside Weather Permitting Also available via ZOOM <i>Ursula</i>	12:05-12:55 Group Cycling <i>Ursula</i>	12:05 - 12:50 Strength Outside Weather Permitting Also available via ZOOM <i>Ursula</i>	12:05-12:50 Group Cycling <i>Ursula</i>	
		6:00-7:00 Muscle/Cardio 7:00-7:15 Stretch <i>Denise</i> Via ZOOM Call or email for link		6:00-7:00 Muscle/Cardio 7:00-7:15 Stretch <i>Denise</i> Via ZOOM Call or email for link		<i>Any class can be modified to your level of fitness!</i>

ALL CLASSES TAKE PLACE IN THE AEROBICS STUDIO UNLESS OTHERWISE NOTED

CLASSES AVAILABLE VIA ZOOM. CALL OR EMAIL FOR LINK

SPACING GUIDELINES MUST BE STRICTLY ADHERED TO

BRING YOUR OWN MAT

ADVANCED RESERVATIONS REQUIRED