



# High Performance Studio #2 Schedule

Spring: April 17<sup>th</sup> – May 28<sup>th</sup>

6 Week Session: \$10 Members; \$55 Non-Members for Athletic or Basic Jump Stretch

6 Week Session: \$10 Members; \$55 Non-Members for 12 Rounds (choose either Wednesday/Saturday at 5:15pm & 10am OR Wednesday/Saturday at 6:30pm/11:30am)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:00-11:00AM</b>						12 Rounds Clemate
<b>11:30AM-12:30PM</b>						12 Rounds Clemate
<b>5:00-6:00PM</b>	Jump Stretch Orientation					
<b>5:15-6:15PM</b>			12 Rounds Clemate			
<b>5:30-6:30PM</b>		Athletic Jump Stretch Carl		Athletic Jump Stretch Carl		
<b>6:30-7:30PM</b>			12 Rounds Clemate			
<b>6:45-7:45PM</b>		Basic Jump Stretch Carl		Basic Jump Stretch Carl		
<b>7:30-8:30PM</b>	Jump Stretch Athletic Carl		Jump Stretch Athletic Carl			

**\*\*12 Rounds:** A dynamic circuit training, all around boxing format, agility, flexibility, speed, power, resistance, hand/eye coordination, total body experience. 20 person max. You may bring your own gloves. Preferred: bring your own wraps.

**\*\*Basic Jump Stretch:** Similar to our Athletic Jump Stretch, this class is for our members and community. A work at your own intensity training for all levels that will get you in to your best shape.

**\*\*Athletic Jump Stretch:** Athletic Training (High Intensity) This class is for people who are training for athletic events or who can train at a high level of intensity. Jumping will be a component. Great for individuals who participate in recreational sports or have active jobs. 20 Person Max

**\*\*Team Session Jump Stretch:** Ask about our Team Training Option. Days and Times Vary