



High Performance Studio #2

June 5 – July 16th, 2017

No Classes Tuesday, July 4th

- ❖ 12 Rounds for Kids: Free for the Summer Only
- ❖ 12 Rounds: Members: \$5/day (for 6 weeks) Non-Members: \$27.50/day (for 6 weeks)
(Ex. Wed. at 6p.m. for 6 weeks = \$5 for members)
- ❖ Jump Stretch: Members: \$10 for 2 days per week Non-Members: \$55 for 2 days per week

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|-------------------------------------|----------------------------------|--|----------------------------------|--------|--|
| 9:00-10:00 a.m. | | 12 Rounds Clemate/Ali | | 12 Rounds Clemate/Ali | | |
| 9:30-10:30 a.m. | Strong Fit Carl | | Strong Fit Carl | | | |
| 10:00-11:00 a.m. | | | | | | 12 Rounds Clemate/Ali |
| 10:45-11:45 a.m. | Jump Stretch Athletic Carl | Team Jump Stretch | Jump Stretch Athletic Carl | Team Jump Stretch | | 11:15a.m.-12:00 p.m. 12 Rounds for Kids Clemate/Ali |
| 5:00-6:00 p.m. | Jump Stretch Orientation Carl | | 5:00-5:45 p.m. 12 Rounds for Kids Clemate/Ali | | | |
| 5:30-6:30 p.m. | | Jump Stretch Athletic Carl | | Jump Stretch Athletic Carl | | |
| 6:15-7:15 p.m. | 12 Rounds Clemate/Ali | | 6:00-7:00 p.m. 12 Rounds Clemate/Ali | | | |
| 6:45-7:45 p.m. | | Jump Stretch Basic Carl | | Jump Stretch Basic Carl | | |

12 Rounds: A dynamic circuit training, all around boxing format, agility, flexibility, speed, power, resistance, hand/eye coordination, total body experience. You may bring your own gloves. (24 person max)

Basic Jump Stretch: Similar to our Athletic Jump Stretch, except there isn't any jumping. Work at your own level of intensity that will get you in to your best shape. The class focuses on flexibility, circuit training, and conditioning doing variable intensity exercises. Recreational athletes and members or community members who want to get in to shape with low-impact on joints. The Jump Stretch orientation class is recommended before the first class. (20 person max)

Athletic Jump Stretch: Athletic Training (High-Intensity): This class is for athletes who are interested in increasing vertical jump, explosiveness, speed and injury prevention. The class focuses on performance and coaching proper movement patterns to increase athleticism. Pre and Post athletic testing is done. The Jump Stretch orientation class is recommended before the first class. (20 person max)

Team Session Jump Stretch: Ask about our Team Training option. (days and times vary)