

# HIGH PERFORMANCE STUDIO #2

## RUN IN SESSIONS: 12 ROUNDS AND 12 ROUNDS KIDS MONTHLY: JUMP STRETCH ATHLETIC AND BASIC

SEE BELOW FOR MORE REGISTRATION INFORMATION

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30AM	BASIC JUMP STRETCH CARL		BASIC JUMP STRETCH CARL		BASIC JUMP STRETCH CARL	
10:00-11:00AM						12 ROUNDS CLEMATE
10:45-11:45AM	ATHLETIC JUMP STRETCH CARL	ATHLETIC JUMP STRETCH CARL	ATHLETIC JUMP STRETCH CARL	ATHLETIC JUMP STRETCH CARL		11:15-12:00PM 12 ROUNDS KIDS CLEMATE
12:30-1:30 PM						JUMP STRETCH ORIENTATION
5:15-6:15PM		ATHLETIC JUMP STRETCH CARL		ATHLETIC JUMP STRETCH CARL		
5:30-6:30PM	12 ROUNDS CLEMATE		12 ROUNDS CLEMATE		12 ROUNDS CLEMATE	
6:30-7:30PM		BASIC JUMP STRETCH CARL		KIDS UNLIMITED FITNESS CARL & CLEMATE		

FREE WITH MEMBERSHIP CLASSES ARE IN ORANGE. ALL OTHER CLASSES ARE PAID.

YOU MUST BE ON THE ROSTER TO ATTEND THE CLASSES. PLEASE SIGN UP AT THE FRONT DESK.

### SUMMER A SESSION (CLASSES TAKE PLACE): JUNE 4<sup>TH</sup> – JULY 15<sup>TH</sup>, 2018

### SUMMER B SESSION (CLASSES TAKE PLACE) JULY 16 – AUGUST 26, 2018

#### REGISTRATION FOR 12 ROUNDS

FEES: REGISTER FOR THE DAY AND TIME YOU WILL BE ATTENDING (CLASS PRICES ARE FOR THE SESSION)

1 CLASS/WEEK = MEMBERS \$5; NON-MEMBERS \$27.50

2 CLASSES/WEEK = MEMBERS \$10; NON-MEMBERS \$55

3 CLASSES/WEEK = MEMBERS \$15; NON-MEMBERS \$82.50

4 CLASSES/WEEK = MEMBERS \$20; NON-MEMBERS \$110

REGISTERING FOR ONE CLASS AND ATTENDING A DIFFERENT DAY AND TIME IS NOT PERMITTED.

#### REGISTRATION FOR 12 ROUNDS KIDS AND KIDS UNLIMITED FITNESS

FEES: MEMBERS, PLEASE REGISTER AT THE FRONT DESK EVEN THOUGH THE CLASS IS FREE.

FEES: NON-MEMBERS: \$55/SESSION FOR 12 ROUNDS KIDS NON-MEMBERS: \$55/SESSION FOR KIDS UNLIMITED FITNESS

#### MONTHLY REGISTRATION/NOT ON THE SESSION CLASS REGISTRATION INFORMATION

REGISTRATION FOR ATHLETIC JUMP STRETCH: RUNS ON THE MONTH; NO PRORATING

REGISTRATION IS ROLLING, BUT CLASSES RUN THE 1<sup>ST</sup> OF THE MONTH TO THE END OF THE MONTH

FEES: \$10 FOR MEMBERS; \$55 FOR NON-MEMBERS (NO PRORATING) – 2 CLASSES A WEEK

REGISTERING FOR BASIC AND ATTENDING ATHLETIC ISN'T PERMITTED.

REGISTRATION FOR BASIC JUMP STRETCH: RUNS ON THE MONTH; NO PRORATING

MEMBER REGISTRATION NOT REQUIRED. CLASS IS FREE WITH MEMBERSHIP.

PROGRAM MEMBER REGISTRATION REQUIRED. NON/PROGRAM-MEMBERS: \$55 PER MONTH UNLIMITED BASIC JUMP STRETCH

#### REGISTRATION FOR EXTREME KIDS

SESSION INFORMATION: 12 CLASSES PER SESSION

SESSION DATE: TBA – CHECK WEBSITE FOR CLASSES

MEMBERS: \$20 NON-MEMBERS: \$50

# HIGH PERFORMANCE STUDIO #2

## CLASS DESCRIPTIONS

**12 ROUNDS:** A DYNAMIC CIRCUIT TRAINING, ALL AROUND BOXING FORMAT, AGILITY, FLEXIBILITY, SPEED, POWER, RESISTANCE, HAND/EYE COORDINATION, TOTAL BODY EXPERIENCE. 24 PERSON MAX. YOU MAY BRING YOUR OWN GLOVES. PREFERRED: BRING YOUR OWN WRAPS.

**12 ROUNDS KIDS:** A FREE (TO MEMBERS) FUN CLASS THAT GETS KIDS ACTIVE AND TEACHES BASIC EXERCISE SKILLS WHILE GETTING A GREAT WORKOUT.

**ATHLETIC JUMP STRETCH:** ATHLETIC TRAINING (HIGH INTENSITY) THIS CLASS IS FOR ATHLETES WHO ARE INTERESTED IN INCREASING VERTICAL JUMP, EXPLOSIVENESS, SPEED, ALONG WITH INJURY PREVENTION. THE CLASS FOCUSES ON WORKING ON PERFORMANCE AND COACHING PROPER MOVEMENT PATTERNS TO INCREASE ATHLETICISM. PRE AND POST ATHLETIC TESTING IS DONE. 20 PERSON MAX

**BASIC JUMP STRETCH:** LIKE OUR ATHLETIC JUMP STRETCH, EXCEPT THERE ISN'T ANY JUMPING OR TESTING. 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. GREAT FOR 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)

**EXTREME KIDS ATHLETIC TRAINING:** DECREASE INJURIES, INCREASE YOUR LEVEL OF COMPETITIVE PLAY, AND GIVE YOUR YOUNG ATHLETE MORE OPPORTUNITIES FOR SUCCESS. WITH OUR EXTREME KIDS ATHLETIC TRAINING PROGRAM, YOUNG ATHLETES GET THE TOOLS THEY NEED TO IMPROVE STRENGTH, ENDURANCE, SPEED, POWER, AND FLEXIBILITY ALL WHILE HAVING FUN!

**KIDS UNLIMITED FITNESS:** THIS UNIQUE COMBINATION CLASS IS GEARED TOWARDS GETTING OUR YOUTH IN SHAPE, WHILE INCREASING FITNESS, STRENGTH, AND OVERALL HEALTH. GREAT FOR YOUTH OF ALL LEVELS FROM COUCH POTATOES TO ATHLETES, MODIFICATIONS PROVIDED.

**TEAM SESSION JUMP STRETCH:** ASK ABOUT OUR TEAM TRAINING OPTION; DAYS AND TIMES VARY.