



ATHLETE / ADULT CLASS SCHEDULE

SUMMER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:15 AM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP	7:00 AM	BOOTCAMP	
6:15 AM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP	8:00 AM	ENDURANCE	
9:00 AM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP	9:00 AM	PLYOMETRICS	STRENGTH
10:00 AM	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	10:00 AM	PLYOMETRICS	BOOTCAMP
11:00 AM	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	11:00 AM	PLYOMETRICS	TEAM TRAINING
4:00 PM	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	PLYOMETRICS	LINEAR SPEED	12:00 PM	TEAM TRAINING	TEAM TRAINING
5:00 PM	LINEAR SPEED / AR STRONG / TEAM	PLYOMETRICS / AR STRONG / TEAM	LINEAR SPEED / AR STRONG / TEAM	PLYOMETRICS / AR STRONG / TEAM	LINEAR SPEED / TEAM TRAINING			
6:00 PM	LINEAR SPEED / TEAM TRAINING	PLYOMETRICS / TEAM TRAINING	LINEAR SPEED / TEAM TRAINING	PLYOMETRICS / TEAM TRAINING	LINEAR SPEED / TEAM TRAINING			
7:00 PM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH	BOOTCAMP			
8:00 PM	ENDURANCE	STRENGTH	BOOTCAMP	STRENGTH				

AR ATHLETE TRAINING

Acceleration (Linear Speed and Plyometrics), **AR Strong** (Lift Program), **Return 2 Play** (ACL Bridge and Concussion Recovery), **1-1 Personal** or **Team Training** (Football, Soccer, Lacrosse, Basketball, Baseball/Softball, Swimming, Track & Field)

AR-FIT ADULT TRAINING

Endurance (Cardio and High Intensity Interval Training), **Strength** (Low-Impact and Weight-Driven), **Bootcamp** (Balance of Cardio and Weights, with Functional and Body Weight Movements), **Small Group** or **1-1 Personal Training**

CLASS SIZES ARE LIMITED. RESERVE YOUR SPOT AND SIGN-UP FOR YOUR PREFERRED CLASS ONLINE.