PERFORMANCE INSTITUTE SESSION SCHEDULE

THE PERFORMANCE INSTITUTE
AT HENRY MAYO FITNESS AND HEALTH

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Monday	Tuesday	Wednesday	Thursday	Friday
5:30am-6:30am HM FIT	8:30am-9:30am Pickleball Str.	5:30am-6:30am HM FIT	8:30am-9:30am Pickleball Str.	5:30am-6:30am HM FIT
8:00am-9:00am HM FIT	10:30am-11:30am Parkinson's	8:00am-9:00am HM FIT	10:30am-11:30am Parkinson's	8:00am-9:00am HM FIT
9:00am-10:00am HM FIT	11:30am-12:30pm Parkinson's	9:00am-10:00am HM FIT	11:30am-12:30pm Parkinson's	9:00am-10:00am HM FIT
3:30pm-4:30pm Sport	3:30pm-4:30pm Sport	3:30pm-4:30pm Sport	3:30pm-4:30pm Sport	3:30pm-4:30pm Sport
5:00pm-6:00pm Sport	4:30pm-5:30pm Sport	5:00pm-6:00pm Sport	4:30pm-5:30pm Sport	5:00pm-6:00pm Sport
6:00pm-7:00pm Sport	5:30pm-6:30pm Sport	6:00pm-7:00pm Sport	5:30pm-6:30pm Powerlifting	6:00pm-7:00pm Sport
	7:00pm-8:00pm HM FIT		7:00pm-8:00pm HM FIT	

Sunday
10:00am-11:00am Powerlifting

PROGRAMS HELD UPSTAIRS IN GROUP EX ROOM

4:00pm-5:00pm Fall Prevention	1:00pm-2:00pm Fall Prevention	4:00pm-5:00pm Fall Prevention	1:00pm-2:00pm Fall Prevention	4:00pm-5:00pm Fall Prevention

ROOM AVAILABILITY

- During the **HM FIT** classes the room is unavailable.
- During the **Sport** classes the room is unavailable unless:
  - We have less than 3 athletes present for the day.
    - Expect seasonal changes with additional classes in the summer and less classes during other parts of the year. What is listed is our regularly available groups.
- Between 10am and 7pm the room is also shared with Physical Therapy.
- The room is open during all other hours of the day to Members.

Program Descriptions

HM FIT

Who: Higher intensity fitness program for all ages.
What: A comprehensive, full body fitness program built on the three pillars of Mobility Work, Strength Training and Metabolic Conditioning. Great for those looking for a weight loss or Bone Density fitness program.
How Much: $120/month for M/W/F groups and $80/month for T/Th groups. Must have an active membership.

Sport Performance

Who: For athletes ages 8-18+
What: Athletic development and Strength & Conditioning for athletes. The program runs all year long with seasonal sign ups and testing. Classes are broken into age groups.
How Much: $180/month for 3x/week and $120/month for 2x/week

Parkinson's

Who: Exercise program for patients with Parkinson's directly referred by their physician or therapist.
What: This program follows the PWR!Moves system targeting rigidity, incoordination and bradykinesia to improve overall quality of life.
How Much: $120/month for non-members, $80/month for members.

Fall Prevention

Who: For clinical members and golden agers looking to improve balance and prevent falls.
What: Stability focused training that incorporates full body aerobics. Modifications provided with the goal of safely moving within your limitations.
How Much: $80/month for twice a week. Must have an active membership.

How to Get Started

For the HM FIT and Sport Performance Programs contact Russell Gage

- gagerd@henrymayo.com or 661-200-2306

For the Parkinson's and Fall Prevention Programs contact Ben Taub

- taubb@henrymayo.com or 661-200-2305