

THE PERFORMANCE INSTITUTE

AT HENRY MAYO FITNESS AND HEALTH

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<u>6 AM</u> FUNCTIONAL GROUP TRAINING		<u>6 AM</u> FUNCTIONAL GROUP TRAINING		<u>6 AM</u> FUNCTIONAL GROUP TRAINING
<u>8 AM</u> FUNCTIONAL GROUP TRAINING		<u>8 AM</u> FUNCTIONAL GROUP TRAINING		<u>8 AM</u> FUNCTIONAL GROUP TRAINING
<u>9:15 AM</u> FUNCTIONAL GROUP TRAINING		<u>9:15 AM</u> FUNCTIONAL GROUP TRAINING		<u>9:15 AM</u> FUNCTIONAL GROUP TRAINING
<u>5 PM</u> YOUTH SPORTS PERFORMANCE		<u>5 PM</u> YOUTH SPORTS PERFORMANCE		<u>5 PM</u> YOUTH SPORTS PERFORMANCE

****Members may use the Performance Institute when there is no class in session.
Classes are 1-hour long, Please refrain from entering when a class is in session.***



Functional Group Training Program Description

Our Functional Group Training programs are designed to help you move better and feel healthier than ever before through high-energy workouts geared to improve your quality of life. Our motivating staff and community will be there to encourage you every step of the way. Each program is led from start to finish by a coach who will show and tell you how to correctly execute your workout. The session begins with soft tissue work and movement preparation with an emphasis on active stretching and muscle activation. This is all put into a dynamic warm-up to get the body temperature up and ready for the day's movements and exercises. After the warm up we hit the training floor for four strength circuits incorporating multi-planar movements to ensure well-rounded strength.

If you are interested in joining one of our FGT programs contact our fitness director, Russell Gage at gagerd@henrymayo.com or 661-200-2306. Spots are limited for each group/time as we keep each class to a maximum of 8 individuals.