WHAT IS IT?
The Performance program offers a personal training experience in a small group environment. Fitness Specialists implement scientifically sound and RESULTS oriented workouts to meet specific goals.

HOW IT WORKS?
By adding Performance to your membership, you have access to attend as many regularly scheduled Performance classes as you choose. Classes are easily booked through our Vagaro App.

- High Intensity Interval Circuit
- HIIT Boxing

$75 PER MONTH / UNLIMITED

*6 month commitment required

Contact Fitness Director Chris Slaby! Chris.Slaby@clubcorp.com
## Schedule - Sign up w/ Vagaro App

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class Type</th>
<th>Instructor(s)</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8am</td>
<td>HIIT Circuit</td>
<td>(Chris)</td>
<td>NEW</td>
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<tr>
<td></td>
<td>10am</td>
<td>HIIT Circuit</td>
<td>(Chris)</td>
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<tr>
<td></td>
<td>12pm</td>
<td>HIIT Circuit</td>
<td>(Joyce)</td>
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<tr>
<td>Tuesday</td>
<td>8am</td>
<td>HIIT Circuit</td>
<td>(Chris)</td>
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<tr>
<td></td>
<td>10am</td>
<td>HIIT Circuit</td>
<td>(Jamie)</td>
<td>NEW</td>
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<tr>
<td></td>
<td>6pm</td>
<td>HIIT Boxing</td>
<td>(John)</td>
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</tr>
<tr>
<td>Wednesday</td>
<td>10am</td>
<td>HIIT Circuit</td>
<td>(Chris)</td>
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<td></td>
<td>4:30pm</td>
<td>HIIT Circuit</td>
<td>(Chantell)</td>
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<tr>
<td>Thursday</td>
<td>8am</td>
<td>HIIT Circuit</td>
<td>(Wendy)</td>
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<tr>
<td></td>
<td>11am</td>
<td>HIIT Circuit</td>
<td>(Joyce)</td>
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<tr>
<td></td>
<td>6pm</td>
<td>HIIT Boxing</td>
<td>(John)</td>
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<td>Friday</td>
<td>7am</td>
<td>HIIT Boxing</td>
<td>(John)</td>
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<td></td>
<td>11am</td>
<td>HIIT Circuit</td>
<td>(John)</td>
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<tr>
<td>Saturday</td>
<td>8am</td>
<td>HIIT Circuit</td>
<td>(Chris)</td>
<td>NEW</td>
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<td></td>
<td>9am</td>
<td>HIIT Circuit</td>
<td>(Chris)</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>9am</td>
<td>HIIT Circuit</td>
<td>(Chris)</td>
<td>NEW</td>
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</tbody>
</table>

**HIIT Circuit:**
High intensity interval training that mixes in strength training with cardiovascular exercises. Functional equipment is used for a Total Body strength and conditioning experience. All fitness levels welcome. Modifications can be provided.

**HIIT Boxing:**
High intensity interval training is combined with Boxing for a fun and exhilarating calorie burn. All fitness levels welcome. Modifications can be provided.