






# VELOCITY SPORTS PERFORMANCE 2016 GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 - 7:00 AM</b>	<b>HIGH VELOCITY</b>		<b>HIGH VELOCITY</b>		<b>HIGH VELOCITY</b>	
<b>8:00 - 9:00 AM</b>		<b>TRIGGER POINT</b>		<b>TRIGGER POINT</b>		 <b>CIRCUIT</b>
<b>12:15 - 12:45 PM</b>	<b>THRESHOLD</b>	<b>THRESHOLD</b>	<b>THRESHOLD</b>	<b>THRESHOLD</b>	<b>THRESHOLD</b>	
<b>5:30 - 6:30 PM</b>	<b>ATHLETE FIT</b>	<b>ATHLETE FIT</b>	<b>ATHLETE FIT</b>	<b>ATHLETE FIT</b>	<b>MOBILITY</b>	
<b>6:30 - 7:30 PM</b>	 <b>CIRCUIT</b>	 <b>CIRCUIT</b>	 <b>CIRCUIT</b>	 <b>CIRCUIT</b>		
<b>7:30 - 8:15 PM</b>		<b>CARDIO OUTPUT</b>		<b>CARDIO OUTPUT</b>		

## RESULTS ARE A PRODUCT OF DESIGN, NOT COINCIDENCE!


**HIGH VELOCITY (MON + WED + FRI @ 6:00-7:00 AM):** High Velocity is an early morning, no non-sense workout guaranteed to take your training regimen to the next level. Taught by Greg Salyer, an accomplished Performance Coach and Marine Combat Veteran, our clientele should prepare to train like a USA Marine with a combination of resistance, sprint, and interval programming.

**TRIGGER POINT (TUE + THU @ 8:00-9:00 AM):** The Trigger Point offering is for all those clients who are looking to recover quicker, manage chronic pain better, and activate those muscles that have become dormant due to sedentary lifestyles. Activation exercises, foam rolling, stretching, trigger point lacrosse ball therapy, and mobility exercises are just a few modalities you will practice during this hour long workout. Taught by Emma Gray, a certified Applied Movement Neurology Practitioner and Performance Coach, the Trigger Point program will be sure to keep you performing at your best no matter what life throws at you!

**THRESHOLD (MON + TUE + WED + THU + FRI @ 12:15-12:45 PM):** Threshold is a H.I.I.T. program (High Intensity Interval Training) for all those desk jockeys looking to get a quick workout in during their lunch hour. Although the program is only 30 minutes in duration, be prepared to get moving early, and stay moving throughout the entire workout. Taught by Emma Gray, an accomplished and highly certified Performance Coach, the Threshold Program will get you into peak physical condition and have you looking like an athlete in no time!

**ATHLETE FIT (MON + TUE + WED + THU @ 5:30 PM):** The Athlete Fit program embodies our moto from the very first session- "Train like an athlete to look like an athlete." Taught by Carie Bradshaw, a veteran Performance Coach that has worked at the collegiate and professional ranks, Athlete Fit takes the average gym-goer and puts them through an athlete inspired workout with 45 minutes of intense cross training, and 15 minutes of active recovery/mobility training. Creating a well-rounded client that not only performs like an athlete, but looks and feels like an athlete!

**MOBILITY (FRI @ 5:30-6:30 PM):** The Mobility Program takes strength and conditioning to the next level by addressing the first level. Taught by Dean Laing, Olympic Sprint Hurdler and Corrective Exercise Specialist, the Mobility Program addresses our overcompensation for lack of mobility that eventually leads to chronic pain and overall decrease in athletic ability. The program is also designed to educate our clients, teaching a permanent set of skills that will not only improve one's performance, but promote a healthy fitness level for the rest of their lives.

** CIRCUIT (MON + TUE + WED + THU @ 6:30-7:30 PM and SAT @ 8:00-9:00 AM):** Velocity Circuit is designed to help a large range of clientele reach their optimal fitness level by incorporating strength training, cardiovascular endurance, corrective exercises, and core strengthening. Taught by Carie Bradshaw, a competitive Fitness Figure Athlete and veteran Performance Coach, Velocity Circuit utilizes kettlebells, dumbbells, barbells, battle ropes, sleds, slam balls and many other training modalities in a circuit style workout. If you are looking for a well-rounded workout with expert guidance, this is the program for you!

**CARDIO OUTPUT (TUE + THU @ 7:30-8:15 PM):** The Cardio Output Program is designed to raise the heart rate, and keep it there for 45 minutes with unique and innovative cardiovascular training. Taught by a certified Track and Field Coach, clients should be ready to move through open space with sprint intervals, change of direction exercises, relay races, U.S.A. Track and Field inspired exercises, and interval training on our Woodway Treadmills and Air Assault Bikes!

**"TRAIN LIKE AN ATHLETE TO LOOK LIKE AN ATHLETE"**