



ViP Life Performance- San Diego Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:30 am						Adult Class Size: 10
9:00 – 10:00 am	Mom's Boot Class Size: 10	Mom's Boot Class Size: 10	Mom's Boot Class Size: 10	Mom's Boot Class Size: 10		
12:00 – 1:00 pm	Core Class Size: 10		Core Class Size: 10		Core Class Size: 10	
5:00 – 6:00 pm		Adult Class Size: 10		Adult Class Size: 10		
6:30 – 7:30pm	Ultimate TRX Class Size: 6	Adult Class Size: 10	Adult Class Size: 10	Adult Class Size: 10	Friday Night Challenge Class Size: 10	

ViP Class Descriptions

Mom's Boot Camp: Our Boot Camp, better known as P.U.S.H., is more an introduction to cardiovascular fitness, weight training, interval training and more! Come push yourself to do more and see results today and for life.

Core Performance: Poor posture and chronic back pain can often be traced to weak core. Additionally, a weak core can hinder your ability to participate in other physical activities. The ViP Core & Strength class provides expert small group instruction in establishing, maintaining and increasing core strength. Core and strength training improves posture, reduces chronic pain and improves appearance.

Adult Performance: Similar to our sports performance methodology, this class also blends power, speed, agility, quickness, strength, and mobility training in an efficient hour. Functional Fitness is a class that will focus on total body conditioning, utilizing body weight and core strength. This class is for the more experienced adult.

Ultimate TRX: Begin the week with this fun class using the TRX. This is a great class for all levels of abilities that incorporates flexibility, core, and whole body strength. You control the intensity.

Friday Night Challenge: Start the weekend off right. Compete against yourself and fellow peers. Each Friday our coaches will challenge your mind and body with obstacle courses, performance testing, flag football, soccer, and other games and events to keep fitness fun.