

THE PERFORMANCE INSTITUTE

AT HENRY MAYO FITNESS AND HEALTH

- FUNCTIONAL GROUP TRAINING CLASS SCHEDULE -

Our Functional Group Training program is designed to introduce you to the fundamentals of movement and strength training all while taking into account your current fitness level. Our classes are for those who are looking for additional accountability within a supportive community. Our educated and motivating fitness professionals are here to challenge you every step of the way.

Talk to our front desk about taking a complimentary class today!

	Monday	Tuesday	Wednesday	Thursday	Friday
5 AM	GROUP TRAINING 5:15 AM - 6:15AM		GROUP TRAINING 5:15 AM - 6:15AM		GROUP TRAINING 5:15 AM - 6:15AM
9 AM	GROUP TRAINING 9 AM - 10 AM		GROUP TRAINING 9 AM - 10 AM		GROUP TRAINING 9 AM - 10 AM
5 PM					
6 PM	GROUP TRAINING 6:15 PM - 7:15PM		GROUP TRAINING 6:15 PM - 7:15PM		GROUP TRAINING 6:15 PM - 7:15PM

**** Additional classes may be added based on demand. Please contact our Sports Performance Director, Russell Gage, for more information.***

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