

OCHSNER PERFORMANCE TRAINING

Northshore-Fall Schedule

(Begins August 3, 2020)

Starters (1hr) - Ages 7-10

7-10 Year Olds:

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am						Starters
5:00-6:00pm	Starters	Starters	Starters	Starters	Starters	

Accelerated (1hr) - Ages 11-14

11-14 Year Olds:

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00am						Accelerated
4:00-5:00pm	Accelerated	Accelerated	Accelerated	Accelerated	Accelerated	
6:00-7:00pm	Acc/Peak	Acc/Peak	Acc/Peak	Acc/Peak		

Peak (1.5hr) - Ages 15-18

15-18 Year Olds:

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00-12:00am						Peak
3:30-5:00pm	Peak	Peak	Peak	Peak	Peak	
6:00-7:30pm	Peak/Acc	Peak/Acc	Peak/Acc	Peak/Acc		

OchPower/OchFit (1hr) - Adult

Adult: A Metabolic Workout combining Strength, Cardio, Mobility, Agility, Flexibility, and Core Training.

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15am	OchPower	OchFit	OchPower	OchFit	OchPower	
6:15-7:15am	OchFit	OchPower	OchFit	OchPower	OchFit	
8:00-9:00am						OchPower
12:00-1:00pm	OchFit	OchPower	OchFit	OchPower	OchFit	
5:00-6:00pm	OchPower	OchFit	OchPower	OchFit	OchPower	

Personal Training/Group Training

An individualized experience focused on fitting your GOALS and maximizing RESULTS!

For more information, or to schedule an assessment or package, visit our Website: