



# HEALTHWAYS ATHLETIC ENHANCEMENT

## Fall and Winter Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Each 90 minute class will contain:</b></p> <ul style="list-style-type: none"> <li>▫ 30 Minutes Speed Training</li> <li>▫ 30 Minutes Quickness/Agility Training</li> <li>▫ 30 Minutes Power Training</li> </ul>					
2:30 - 4:00	<i>AAA</i>	<i>AAA</i>	<i>AAA</i>	<i>AAA</i>	
4:00 - 5:30	<i>AA and A</i>	<i>AA and A</i>	<i>AA and A</i>	<i>AA and A</i>	
7:30 - 9:00	<i>AA and A</i>	<i>AA and A</i>	<i>AA and A</i>	<i>AA and A</i>	

# MAXIMUM INTENSITY