



Rehab United Sports Performance Center – Weekly Calendar

Group Classes/Boot Camps: strength, flexibility and injury prevention for athletes of all ability levels – classes are beginner-friendly, but can be modified to challenge anyone. If you have ever tried a CrossFit class, you will feel right at home.

TCSD Members – first class is FREE and save \$20 on a 10-Session pass

Tri-Strength: Functional strength class run by certified strength and conditioning coaches and physical therapist (assisted by professional triathlete Lesley Paterson). Circuit training that includes: plyos, functional strength exercises, body weight lifting, core strengthening – all preparing you for building strength, preventing injuries, and performing at your best. [Details Online \(Click Here\)](#).

Locations & Times:

Rehab United Kearny Mesa (RU 1):

- Mondays – 6 pm
- Thursdays – 6 pm

Rehab United Carmel Valley (RU 2):

- Mondays – 6 pm
 - Thursdays – 5 pm
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Pedal Power: Indoor cycling class led by USAT/USAC Coach (need a bike, trainer, hydration, and will to win).* [Details Online \(Click Here\)](#).

Location & Time:

- Rehab United Kearny Mesa (RU 1) – 7:15 pm

**We have trainers for rent – contact Brian Wilson at 858-279-5570 to reserve one*

Vélo-Strength: Bike-specific strength class (no bike necessary, just bring your bike legs and be ready for some exercise that will translate to power on the bike). [Details Online \(Click Here\)](#).

Locations & Times:

Rehab United Kearny Mesa (RU 1):

- Tuesdays – 6 pm
 - Fridays – 6:30 am
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Run-Fit: Functional strength class run by certified strength and conditioning coaches and physical therapists. Designed for all athletes with a running emphasis. Circuit training that includes: agility exercises, low-intensity plyos, functional strength exercises, core strengthening – all preparing you for building strength, preventing injuries and performing at your best. [Details Online \(Click Here\)](#).

Locations & Times:

- Rehab United Kearny Mesa (RU 1): Wednesdays – 6 pm
- Rehab United Carmel Valley (RU 2): Wednesdays – 6 pm

RU 1 – Kearny Mesa
3959 Ruffin Rd, Ste F
San Diego, CA 92123
858-279-5570

RU 2 – Carmel Valley
3323 Carmel Mtn Rd, Ste 200
San Diego, CA 92121
858-720-0991

RU 3 – Grossmont
8881 Flethcer Pkwy, Ste 385
La Mesa, CA, 91942
619-460-0137



Fit 4 Life: Adult 50+, lower level fitness class. **Fit 4 Life** is a strength and fitness class geared toward improving function in older adults. It is a comprehensive program designed to improve balance, strength, mobility and overall health. The program will also improve cardiovascular fitness and weight management. [Details Online \(Click Here\)](#).

Location & Times:

- **Rehab United Kearny Mesa (RU 1): Mondays & Fridays – 8am & 10am**
- **Rehab United Grossmont (RU 3): Tuesdays & Thursdays – 12 pm**

Power Hour: General strength and fitness class. Power Hour boot camps will work every single muscle from your head to your toes (including the heart). All fitness levels welcome. [Details Online \(Click Here\)](#).

Locations & Times:

Rehab United Kearny Mesa (RU 1):

- **Tuesdays – 6:15 am**
- **Thursdays – 6:15 am**

WEEKEND FUN!

Join RU for weekend training runs & rides. Our online calendar is always up-to-date: www.RehabUnited.com. All abilities welcome – no one left behind. [Schedule Online \(Click Here\)](#).

Saturday Run:

- 1/28 – Tecolote Shores (in Mission Bay Park) @ 7:30am

Sunday Ride:

- 1/29 – Rehab United – Kearny Mesa (RU 1) @ 8:00am

WEEKLY TRAINING TIPS!

Read our blog and check our Facebook for weekly tips: www.rusportperformance.blogspot.com

This week: “Periodization/Planning – Strength Training”

SOCIAL MEDIA

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- YouTube [@rusportperformance](#)

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