

Workouts created by our Certified Strength and Conditioning Coaches and Athletic Trainers to help YOU reach your fitness goals!

FREE TWO WEEK TRIAL
Call 207.710.5509 for more info

Adult Performance Training

Open Gym at the OA Performance Center



Tired of the same boring gym routine? OA Performance Center's Adult Open Gym is designed to create an opportunity for individuals of ANY athletic ability to reach their fitness goals. Both strength and metabolic workouts are created specifically for this program each day, and one of our Professional Coaches are always available to guide you through your workout!

Functional Strength Training

Improve your body weight to strength ratio

Improve your relative strength (positive power to weight ratio), muscle recruitment, neurological efficiency, and mobility. The focus is multi-joint strength training from head to toe, designed to increase lean muscle mass and flexibility, decrease body fat, and improve performance in everyday activities.

Maximal Strength Training

Reach your max strength potential

This workout focuses on gaining muscular strength and hypertrophy. Centered around the "Big 3" powerlifting movements (bench press, squat, deadlift), this program will challenge you to work at a higher intensity and at a higher training volume with the goal of increasing overall muscle mass and strength. The workout will provide a variety of exercises to increase power output, technique, and mobility.

Metabolic Effect / PRIME

Get your metabolism cranking!

Increase the storage and delivery of energy for any activity. The focus is movement-based strength and mobility work, administered through intervals, designed to affect respiratory and functional strength adaptations. Exercises include: sled drags, medicine ball drills, basic crawls, body weight exercises, core work, chops and lifts, treadmill and bike work, and MORE!

Olympic Lifting

Perfect your snatch, clean, jerk technique

This comprehensive workout will give you the guidelines and protocols to become proficient in the snatch, clean, and jerk. The program will start with Olympic lifting prescreening, then teach proper mechanics and begin to introduce the lifts. Once proper technique has been demonstrated, the program will introduce the progressions of each lift to meet the overall goal of increasing strength, power, and explosiveness in addition to proficiency with those three movements.

Open Gym Schedule

Workout any time during these hours!

MORNINGS

Monday-Friday 5:30-9:30am

Saturday 7:00-9:00am

EVENINGS

Monday-Thursday 4:00-8:00pm

Friday 4:00-6:00pm



Our coaching staff is made up of Certified Strength and Conditioning Coaches and Athletic Trainers who possess a true passion for increasing your skills, overall health, and confidence.

Connect with us:

