



# PREMIER SPORT & FITNESS GROUP EXERCISE

| Time     | Monday                                     | Tuesday                             | Wednesday                                 | Thursday                                           | Friday                                 | Saturday                                    | Sunday                            |
|----------|--------------------------------------------|-------------------------------------|-------------------------------------------|----------------------------------------------------|----------------------------------------|---------------------------------------------|-----------------------------------|
| 5:30 AM  | Strength & Conditioning<br>60 min-Brianna  |                                     | Strength & Conditioning<br>60 min-Brianna |                                                    |                                        |                                             |                                   |
| 5:45 AM  |                                            | <b>* Cycle *</b><br>45 min-Janet    |                                           |                                                    |                                        |                                             |                                   |
| 6:00 AM  |                                            | Yoga<br>60 min - Jerilyn            |                                           | Yoga<br>60 min - Jerilyn                           |                                        |                                             |                                   |
| 8:45 AM  |                                            |                                     |                                           |                                                    |                                        | <b>* Cycle / Core *</b><br>60 min - Jessica |                                   |
| 9:15 AM  | Flex & Ride<br>60 min - Bonnie             | Full Body Sculpt<br>60 min-Michelle | Sport Circuit 60 min -<br>Michelle        | willPower & Grace<br>60 min - Temple               | Step Circuit<br>60 min -Mikki          |                                             | Cardio Sculpt 60min -<br>Michelle |
| 10:15 AM |                                            |                                     |                                           |                                                    |                                        | Zumba<br>60 min - Glenda                    |                                   |
| 10:30 AM | Pilates<br>60 min - Marina                 |                                     | Yoga<br>60 min - Kris                     |                                                    | Yoga<br>60 min - Kris                  |                                             |                                   |
| 11:30 AM | Seniors In Motion<br>45 min - Michelle     |                                     | Seniors In Motion<br>45 min - Michelle    |                                                    | Seniors In Motion<br>45 min - Michelle |                                             |                                   |
| 4:30 PM  |                                            |                                     | willPower & Grace<br>60 min - Mikki       |                                                    |                                        |                                             |                                   |
| 5:30 PM  | Cardio Kick & Core<br>30/15 min - Michelle | Yoga<br>60 min - Kris               | Bootcamp<br>60 min                        | Zumba<br>60 min - Amie                             |                                        |                                             |                                   |
| 5:45 PM  | <b>* Cycle *</b><br>45 min - Jessica       |                                     | <b>* Cycle *</b><br>45 min-Jessica        |                                                    |                                        |                                             |                                   |
| 6:00 PM  |                                            | <b>* Cycle *</b><br>45 min          |                                           | <b>* Cycle *</b><br>45 min                         |                                        |                                             |                                   |
| 6:30 PM  | Full Body Sculpt<br>60 min - Michelle      | Zumba<br>60 min - Amie              |                                           | Full Body Sculpt w/ Intervals<br>60 min - Michelle |                                        |                                             |                                   |
| 8:00 PM  |                                            |                                     | Karate                                    |                                                    |                                        |                                             |                                   |

\*Spaces are limited in our Cycle Classes – Please sign up at the front desk( after 5 am the day of class for evening class or after 4 pm the day

**\*Please notice the new changes to the schedule highlighted in blue\***