



Premier Sport & Fitness

Group Exercise

Studio 1

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|-------------------------|---------------------------|---------------------------|--------------------|----------|----------|
| 5:30AM | Strength and Conditioning | | Strength and Conditioning | | | | |
| 8:45AM | | | | | | PUMP | BOOTCAMP |
| 9:15AM | Total Body Conditioning | PUMP | Total Body Conditioning | PUMP | LEGS, BOOTY & CORE | | |
| 10:00 AM | | | | | | Zumba | |
| 10:15 AM | <small>the bootybarre</small> Flex and Flow | | Yoga | | Yoga | | |
| 10:30 AM | | SilverSneakers® Circuit | | SilverSneakers® CardioFit | | | |
| 11:15 AM | SilverSneakers® CardioFit | | | | | | |
| 4:30 PM | Zumba | | Zumba | | | | |
| 5:30 PM | Tabata Core | PUMP | | PUMP | | | |
| 6:30 PM | Yoga | ZUMBA | Yoga | POUND | | | |

Studio 2

| | | | | | | | |
|---------|--|-------|--|-------|--|--|--|
| 5:30 AM | | Cycle | | Cycle | | | |
|---------|--|-------|--|-------|--|--|--|



CLASS DESCRIPTIONS

BOOTCAMP — This 55 minute class will rotate activities quickly, using strength based moves, core based moves as well as cardio-driven movements, all in short term -high efficiency manner, designed to maximize results of all body systems in one class!

BOOTY BARRE- Offers a combination of dance, pilates and yoga, known to improve muscle tone, alignment, flexibility and strength, with a emphasis on core and lower body strength. Many of the routines enhance the strength and shape of the booty. Check it out!!

CYCLE- An excellent cardiovascular workout on the bike, cycling at various levels of speed and intensity. All levels welcome!

MONDAY MORNING MIX UP — Week 1 Bosu, Week 2 Tabata, Week 3 Step Conditioning, Week 4 Tabata. All four of these combine elements of cardio, strength, and core conditioning.

MONDAY NIGHT MADNESS- Week 1- Tabata, Week 2- Butts & Guts, Week 3- Box-Fiit, Week 4- Cardio& Core

PUMP – Comprehensive class, utilizing weights, designed to work every major muscle group for maximum strength & tone, resulting in increased lean body mass and improved metabolic rate. Goodbye guesswork!

SILVER Sneakers® CIRCUIT — Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SILVER Sneakers® CARDIOFIT — SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.

U -JAM — This class is very similar to Zumba, with more hip – hop and Bollywood moves!

YOGA – A mind/body class, Vinyasa based, that enhances flexibility, strength, and core control as well as improved efficiency in breathing/breathing techniques. Challenges the “whole “person! Great stress reducer.

ZUMBA — An energetic (yet easy to follow) dance class consisting of salsa, meringue, reggae and latin pop. Join us as we move and groove and burn off tons of calories!