



Premier Sport & Fitness Group Exercise Effective 05/04/2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Strength & Conditioning 60 min		Strength & Conditioning 60 min				
6:00 AM		Yoga 60 min					
9:15 AM	Flex & Ride 60 min	Strength Training 60 min	Strength/Endurance Circuit 60 min	Strength Training 60 min	Step Circuit 60 min	<u>* Cycle *</u> 45 min	Full Body Sculpt 60 min
10:00 AM						Hard Bod/Ab Lab 45 min	
10:30 AM	Pilates 60 min		Yoga 60 min				
11:30 AM	Seniors In Motion 45 min			Seniors In Motion 45 min			
5:00 PM	Cross X Camp 60 min **Exclusive Course	Cross X Camp 60 min **Exclusive Course	Cross X Camp 60 min **Exclusive Course	Cross X Camp 60 min **Exclusive Course	Cross X Camp 60 min **Exclusive Course		
5:00 PM	Cardio Kick Boxing 45 min						
5:45 PM	<u>* Cycle *</u> 45 min		<u>* Cycle *</u> 45 min				
6:00 PM	Fit Camp 60 min **Exclusive Course	Yoga 60 min	Fit Camp 60 min **Exclusive Course	Full Body Sculpt 60 min			
6:30 PM	Full Body Sculpt 60 min						
7:00 PM		Boomer Camp 60 min **Exclusive Course		Boomer Camp 60 min **Exclusive Course			
8:00 PM		Karate		Karate			

****Classes in GRAY are 6-week boot camps that require initial sign-up & cost an additional fee.**

*Spaces are limited in our Cycle Classes – Please sign up at the front desk (up to 24 hours in advance) to reserve your spot !