



# Premier Sport & Fitness

## Group Exercise

### Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	Strength and Conditioning		Strength and Conditioning				
8:15AM						PUMP	
8:45AM			Cardio Blast				
9:15 AM	Monday Mix	PUMP	<small>the</small> bootybarre <small>plank - cardio - yoga - balance</small>	PUMP		<small>the</small> bootybarre <small>plank - cardio - yoga - balance</small>	BOOTCAMP
10:15 AM	<small>the</small> bootybarre Flex and Flow <small>plank - cardio - yoga - balance</small>		Yoga		Yoga	Zumba	
10:30 AM		SilverSneakers® Circuit		SilverSneakers® CardioFit			
11:15 AM	SilverSneakers® CardioFit		Tai Chi				
4:30 PM	Zumba		Zumba		Zumba		
5:30 PM	Tabata/ Core 30/30	PUMP	<small>the</small> bootybarre <small>plank - cardio - yoga - balance</small>	PUMP	<small>the</small> bootybarre <small>plank - cardio - yoga - balance</small> Flex and Flow		
6:30 PM	Yoga	U-Jam	Yoga	U-Jam			

### Studio 2

5:30 AM		Cycle		Cycle			
8:30 AM						Cycle	
9:15 AM					Cycle		
5:45 PM	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!