



...The game is on



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Instagram



November 2017 Group X Schedule

<u>CLUB HOURS</u>		<u>ROCK WALL HOURS</u>		<u>PLAYROOM HOURS</u>		<u>KID'S FITNESS</u>	
MONDAY - THURSDAY 5AM - 11PM		MONDAY - FRIDAY 5PM - 7PM		MONDAY - FRIDAY 8AM - 12PM 4:00PM - 8PM		MONDAY - FRIDAY 5PM - 7PM	
FRIDAY (Extended Hours) 5AM - 9PM		Also available for birthday parties and group events!		SATURDAY 9AM - NOON		Requires Membership 7 - 13 year olds	
SATURDAY 9AM - 6PM							
SUNDAY 12PM - 6PM							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15am 36 min. Killer Body with Jillian Michaels V	5:15am Bootcamp	5:15am 37 min. Power Step 15 V	5:15am Bootcamp	5:15am 37 min. Transform V			
8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength		9:00am * CORE Fitness		
9:30am Silver Sneakers® Classic	9:30am Silver Sneakers® Classic	9:30am Silver Sneakers® Circuit	9:30am Silver Sneakers® Yoga	9:30am Silver Sneakers® Yoga	9:30am Multi Step		
10:30am Silver&Fit® Excel		10:30am Silver&Fit® Excel		10:30am Silver&Fit® Excel		* 30 min class V - Virtual	
	11:00am Pick-up Basketball		11:00am Pick-up Basketball		BOTH LOCATIONS:  Choose from over 200 classes BeachBody, P90X, Xpress w/o's 30min, 45min and 1 hour classes		
5:30pm PowerPump	5:30pm Bootcamp	5:30pm H.I.I.T. Pilates	5:30pm Step & Tone	5:30pm 39 min. Booty Burn V			
6:30pm Zumba®	6:30pm Yoga	6:30pm 55 min. WAR 22 V	6:30pm Yoga				
6:30pm Spinning							
<u>BIRTHDAY PARTIES</u> We host parties for ALL ages! Super Sports, Tiny Totz, Zumba & BubbleBall! Bring your cake and presents for party time in the café.		<u>FIELD TRIPS</u> Calling all teachers, educators and daycare directors! Educate on the importance of eating right and exercising with Freddy the Fitness Fox!		<u>CLUB ENHANCEMENTS</u> *Matrix Magnum Series Adjustable Cable Crossover *Matrix Ic2 Indoor Cycles *Matrix Indoor Rower		<u>CONTACT INFO:</u> 806-771-4263 - Phone 866-449-4263 - Toll Free 555-888 - Text Message www.premierlubbock.com manager@premierlubbock.com	

CARDIO-VASCULAR

Step & Multi Step
This is the workout that revolutionized fitness. Total body benefits beyond cardio (just ask your muscles the next day!)

Zumba®
Exotic rhythms set to high-energy Latin and international beats. There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating...before you know it you will have Zumba friends, a fit body and more energy than ever!

CARDIO-VASCULAR

5k Training
This class meets at the back entrance and trains at the park. This summer class will get you 5k ready or improve your PR!

WEIGHT TRAINING
Power Pump
Change happens in this group weight lifting class. Great music, great exercises, and a total body workout for awesome results.

Bootcamp
A variety of workouts to change your body as quickly as possible giving you quick gains in strength, endurance and shape.

MUSCLE & BODY TONING

Yoga
Everyone is welcome and benefits regardless of fitness level or yoga experience. Integrate mind, body, spirit and breathe in our heated room to take your practice where you want it to be.

H.I.I.T.
High Intensity Interval Training increases metabolism, burns more calories, burns fat without losing muscle, and builds a healthy heart...seasoned exercisers get a challenge while new exercisers get quick results!

H.I.I.T. Pilates
Calorie burning and more with this class. Heart pounding cardio mixed with various Pilates inspired exercises will make your body respond. This class is the best of both classes rolled up in one. All fitness levels welcome.

SENIOR ADULT CLASSES

Silver Sneakers®
You have fun while moving to music and doing a variety of exercises designed to increase muscular strength, range of motion and activity for daily living.

Silver&Fit® Excel
is designed for the active, athletic older adult who is looking for a challenging workout. The exercises are freestanding and involve more complex movements for advanced fitness levels.

Silver Strength
Focuses on exercises to help maintain stability for daily living. Adds strength training to your workout. Different muscle groups each workout. Uses weights

EQUIPMENT CLASSES

SPIN
Our cycle classes take you on a journey of heart pumping jumps, epic hills and adventurous straights. No skill or equipment required (water, towel). This is a smiley, sweaty calorie torching cardio class held in the spin room (ask where).

FITNESS ON DEMAND
Choose from over 200 classes at the kiosk or join a group virtual class! So many styles, so many options and virtually anytime you want! 30 minute Xpress workout, P90X, Spinning and more!

Virtual Classes
WAR

WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.

Transform 4
Transform 30 by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses in an express 30 minute format.

Josephine's Booty Burn
Burn your booty in the best way possible with these 3 inspiring ladies! You'll get the energy, motivation, and challenge you need to burn fat, sculpt up, and take your fitness to the next level.

Killer Body w/ Jillian
If you're looking to make a change, and not just any change - a killer change, Jillian Michaels Killer Body is for you. You will challenge every part of your body by working every muscle group to give you maximum results. Killer Body is a big promise, and this workout delivers. Killer Body is broken down into three weekly incredible 30-minute workouts, each focusing on a section of your body; buns and thighs, rock hard abs, and lean toned shoulders, biceps and triceps.