



...The game is on




Leave a review and help us grow!



Instagram



May 2017 Group X Schedule

<u>CLUB HOURS</u>		<u>KID'S FITNESS & ROCK WALL HOURS</u>		<u>PLAYROOM HOURS</u>		<u>POOL HOURS</u>	
MONDAY - THURSDAY 5AM - 11PM		MON. - FRI. 5PM - 7PM		MONDAY - FRIDAY 8AM - 12PM 4:00PM - 8PM		MONDAY-SUNDAY 1PM - 6PM	
FRIDAY (Extended Hours) 5AM - 9PM		Requires Membership 7 - 13 years old		SATURDAY 9AM - NOON		Memorial - Labor Day	
SATURDAY 9AM - 6PM						Camp Swims M-F 3:30-5	
SUNDAY 12PM - 6PM							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15am Bootcamp	5:15am Bootcamp	5:15am Bootcamp	5:15am Bootcamp				* 30 Minute Class
8:30am Spinning		8:30am Tabata		8:30am Virtual Spinning	9:00am CORE Fitness *		
8:30am Silver Strength		8:30am Silver Strength			9:30am Multi Step		
9:30am Silver Sneakers® <i>Classic</i>	9:30am Silver Sneakers® <i>Classic</i>	9:30am Silver Sneakers® <i>Circuit</i>	9:30am Silver Sneakers® <i>Yoga</i>	9:30am Silver Sneakers® <i>Yoga</i>			
10:30am Silver&Fit® <i>Excel</i>	10:30am Silver Strength	10:30am Silver&Fit® <i>Excel</i>	10:30am Silver Strength	10:30am Silver&Fit® <i>Excel</i>		2:00pm Virtual Spinning	
	11:00am Pick-up Basketball		11:00am Pick-up Basketball		BEGINNING JUNE 1ST:  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 PowerPump	5:30pm Step Interval *	5:30pm Virtual Spinning			
6:30pm Zumba®	6:30pm Yoga	6:30pm Tabata	5:30pm Circuit * Weights w/ CORE				
6:30pm Virtual Spinning			6:30pm Yoga				
<u>SWIM ACADEMY</u> 4 years old and up 3 sessions to pick from All levels welcome 11am, Noon, 5:30pm and 6:30pm		<u>POOL PARTIES</u> BBQ Grills, Gazebo, Slide, Diving Board Lifeguards on site Catering Available		<u>SUMMER SORTS CAMP</u> 6-13 year olds 7:30am-5:30pm Sports, sports and more sports!		<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
One hour, multi uses more than one step but have no fear! Instructor will work at low, medium, and high levels of intensity to provide all skill levels an opportunity to get a great workout.

Zumba®
Features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

CARDIO-VASCULAR

Zumba Combo
Combines Zumba, Tone and Sculpt & Hip Hop for an hour of FUN and calorie stomping combos.

WEIGHT TRAINING

Power Pump
One hour group weight lifting class. Great music, great exercises, and a total body workout for awesome results.

BOOTCAMP

Bring you sissy fat cells and watch 'em melt! Get results through this series of group bootcamp classes.

MUSCLE & BODY TONING

Pilates/Yoga
This class is designed to increase your flexibility and core body strength through power toning combos and deep muscle stretching.

H.I.I.T.
High Intensity Interval Training is a great way to burn more fat, improve endurance, and build strength. Low to moderate intervals are alternated with high intensity intervals.

Zumba Tone®
Combines targeted body-sculpting exercises and high-energy cardio work. Learn to use lightweight, maraca-like Toning sticks (*available in the pro shop*)

Tone & Sculpt
This 45 minute class will sculpt your body and tone your muscles. It consist of 30 minutes of weights and 15 minutes of ab toning workouts.

Tabata
If you're looking for a new program to add to your routine, you may want to give Tabata a try. Tabata training is a High-Intensity Interval Training (H.I.I.T) workout that works in four minute intervals.

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).

VIRTUAL CLASSES

SPIN
Take a ride with Linda all the way from Florida anytime of the day or in scheduled group times. Look for instructions on bike setup and TV start up then simply start on class 1 and progress.

Now Registering: THE PREMIER XPERIENCE

Bring your team together like never before with Team Building through the Premier Xperience! Ice breakers, low ropes elements and team strength events with lunch!

POOL PARTIES

BBQ Grills, Gazebo, Slide, Diving Board
Lifeguards on site
Catering Available

SWIM ACADEMY

4 years old and up
3 sessions to pick from
All levels welcome
11am, Noon, 5:30pm and 6:30pm

SUMMER SORTS CAMP

6-13 year olds
7:30am-5:30pm
Sports, sports and more sports!

Download our APP for 24 hour access to the class schedule.



