



...The game is on



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Instagram



October 2017 Group X Schedule

CLUB HOURS	ROCK WALL HOURS	PLAYROOM HOURS	KID'S FITNESS
MONDAY - THURSDAY 5AM - 11PM FRIDAY (Extended Hours) 5AM - 9PM SATURDAY 9AM - 6PM SUNDAY 12PM - 6PM	MONDAY - FRIDAY 5PM - 7PM Also available for birthday parties and group events!	MONDAY - FRIDAY 8AM - 12PM 4:00PM - 8PM SATURDAY 9AM - NOON	MONDAY - FRIDAY 5PM - 7PM Requires Membership 7 - 13 year olds

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am Bootcamp	5:15am Bootcamp	5:15am Bootcamp	5:15am Bootcamp			* 30 Minute Class
8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength		9:00am CORE Fitness *	
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>	9:30am Multi Step	
10:30am Silver&Fit® <i>Excel</i>		10:30am Silver&Fit® <i>Excel</i>		10:30am Silver&Fit® <i>Excel</i>		
	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 Tabata	5:30pm Step Interval *			
6:30pm Zumba®	6:30pm Yoga	6:30pm Core and Stretch *	6:00pm Circuit * Weights w/ CORE			
6:30pm Spinning LIVE			6:30pm Yoga			

BIRTHDAY PARTIES We host parties for ALL ages! Super Sports, Tiny Totz, Zumba & BubbleBall! Bring your cake and presents for party time in the café.	FIELD TRIPS Calling all teachers, educators and daycare directors! Educate on the importance of eating right and exercising with Freddy the Fitness Fox!	CLUB ENHANCEMENTS *Matrix Magnum Series Adjustable Cable Crossover *Matrix Ic2 Indoor Cycles *Matrix Indoor Rower	CONTACT INFO: 806-771-4263 - Phone 866-449-4263 - Toll Free 555-888 - Text Message www.premierlubbock.com manager@premierlubbock.com
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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!

Tabata
Tabata is a HIIT workout scientifically proven to increase both your aerobic (cardiovascular) and anaerobic (muscle) systems. Time based, wide variety, no boredom because this moves quickly and is over before you know it!

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!

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!



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