



...The game is on



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Instagram



March 2018 Group X Schedule

CLUB HOURS		ROCK WALL HOURS		PLAYROOM HOURS		KID'S FITNESS	
MONDAY - THURSDAY 5AM - 11PM		MONDAY - FRIDAY 5PM - 7PM		MONDAY - FRIDAY 8AM - 12PM 4:00PM - 8PM		MONDAY - FRIDAY 5PM - 7PM	
FRIDAY 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 Bootcamp	5:15am Bootcamp	5:15am Bootcamp	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 * Abs	2:00pm 19 min. Ab Lab V
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	11:00am 57 min. Prenatal Piloxing V	10:30am Silver&Fit® Excel	11:00am 57 min. Prenatal PiloxingV	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 Tabata CORE	5:30pm H.I.I.T. Pilates	5:30pm Interval Step *	5:30pm 39 min. Booty Burn V		
6:30pm Zumba®	6:30pm Yoga	6:30pm 55 min. WAR 22 V	6:00pm Circuit *			
7:30pm 35 min. BOX HIIT 30 V	7:30pm 25 min. Tone & Shred V	7:30pm 55 min. Max PT V	6:30pm Zumba Tone *			

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

<p><u>CARDIO-VASCULAR</u></p> <p>Step & Multi Step This is the workout that revolutionized fitness. Total body benefits beyond cardio (just ask your muscles the next day!)</p> <p>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!</p>	<p><u>CARDIO-VASCULAR</u></p> <p>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!</p> <p><u>WEIGHT TRAINING</u></p> <p>Power Pump Change happens in this group weight lifting class. Great music, great exercises, and a total body workout for awesome results.</p> <p>Bootcamp A variety of workouts to change your body as quickly as possible giving you quick gains in strength, endurance and shape.</p>	<p><u>MUSCLE & BODY TONING</u></p> <p>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.</p> <p>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!</p> <p>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.</p> <p>New Year's Shape-Up A mix of cardio, interval and weights to help get you in tip top shape. All fitness levels welcome and modifications will be demonstrated.</p>	<p><u>SENIOR ADULT CLASSES</u></p> <p>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.</p> <p>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.</p> <p>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</p>	<p><u>EQUIPMENT CLASSES</u></p> <p>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).</p> <p><u>FITNESS ON DEMAND</u></p> <p>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!</p>	<p><u>Virtual Classes</u></p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Prenatal Piloxing Total Body & Mind Transformation These sequences to help you learn how to strengthen and soften the body at the same time. They will help you remain calm and focused during your pregnancy so that you "are present" during labour and recover well after. It is a time to nurture yourself and connect you and your baby.</p> <p>Find more descriptions, reserve your spot and view the schedule on the Fitness on Demand App</p>
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