



...The game is on



Leave a review and help us grow!



Instagram



# June 2017 Group X Schedule

<b>CLUB HOURS</b> MONDAY - THURSDAY 5AM - 11PM FRIDAY (Extended Hours) 5AM - 9PM SATURDAY 9AM - 6PM SUNDAY 12PM - 6PM		<b>KID'S FITNESS &amp; ROCK WALL HOURS</b> MON. - FRI. 5PM - 7PM Requires Membership 7 - 13 years old		<b>PLAYROOM HOURS</b> MONDAY - FRIDAY 8AM - 12PM 4:00PM - 8PM SATURDAY 9AM - NOON		<b>POOL HOURS</b> MONDAY-SUNDAY 1PM - 6PM Memorial - Labor Day Camp Swims M-F 3:30-5	
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am Bootcamp	5:15am Bootcamp	5:15am Bootcamp	5:15am Bootcamp			* 30 Minute Class
	8:30am Outdoor Bootcamp w/ core		8:30am 5k Training		9:00am * CORE Fitness	
8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength		9:30am Multi Step	
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		
10:30am Silver&Fit® Excel		10:30am Silver&Fit® Excel		10:30am Silver&Fit® Excel		
	11:00am Pick-up Basketball		11:00am Pick-up Basketball		<b>BEGINNING JUNE 5<sup>th</sup>:</b>  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			
6:30pm Zumba®	6:30pm Yoga	6:30pm Tabata	5:30pm Circuit * Weights w/ CORE			
6:30pm Spinning LIVE	6:30pm H.I.I.T.		6:30pm Yoga			

<b>SWIM ACADEMY</b> 4 years old and up 3 sessions to pick from All levels welcome 11am, Noon, 5:30pm and 6:30pm	<b>POOL PARTIES</b> BBQ Grills, Gazebo, Slide, Diving Board Lifeguards on site Catering Available	<b>SUMMER SORTS CAMP</b> 6-13 year olds 7:30am-5:30pm Sports, sports and more sports!	<b>CONTACT INFO:</b> 806-771-4263 - Phone 866-449-4263 - Toll Free 555-888 - Text Message <a href="http://www.premierlubbock.com">www.premierlubbock.com</a> <a href="mailto:manager@premierlubbock.com">manager@premierlubbock.com</a>
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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 breath 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!

**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.



