

DECEMBER 2014 CLASS SCHEDULE

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---------|------------------------|--|---|--|--|-------------------------------|---|
| 5:30am | | INDOOR CYCLING (Rose) | INDOOR CYCLING (Rose) | INDOOR CYCLING (Rose) | INDOOR CYCLING (Rose) | INDOOR CYCLING (Rose) | |
| 8:00am | | INDOOR CYCLING (Megan) | | | INDOOR CYCLING (Megan) | INDOOR CYCLING (Megan) | INDOOR CYCLING (Jeanine) |
| 9:00am | | YOGA (Megan) | ZUMBA GOLD (Judy) | YOGA (Vickie G.) | YOGA (Megan) Cycle room | YOGA (Megan) | KID FIT (Steve) YOGA (Jeanine) BOOTCAMP (Michelle) |
| 9:30am | HIP HOP CYCLE (Angela) | | | | | | |
| 9:45am | | BALANCE BALL/PILATES (Vickie G.) | | | PILATES (Vickie G.) | | |
| 10:00am | | Senior Equip. Orientation (Megan) | BALANCE BALL (Vickie G.) <i>Multi-Purpose Room</i> SILVER SNEAKERS MSROM (Judy) | | Senior Equip. Orientation (Megan) | SILVER SNEAKERS MSROM (Megan) | X-FIT (Michelle) *GROUP TRAINING (Steve) |
| 10:15am | | | | | BALANCE BALL (Vickie G.) | | |
| 10:30am | | SILVER SNEAKERS MSROM (Vickie G.) | | | | | Equip. Orientation (Steve) INDOOR CYCLING (Michelle) |
| 10:45am | | | YOGA/PILATES MIX (Vickie G.) | | | | |
| 11:00am | | SILVER SNEAKER CHAIR YOGA (Vickie G.) | | | SILVER SNEAKER CHAIR YOGA (Vickie G.) | | |
| NOON | | | | *Nutrition Class | | | |
| 1:30pm | | | SILVER SNEAKER CHAIR YOGA (Vickie G.) | | | | |
| 4:00pm | | | INDOOR CYCLING (Michelle) | | | | |
| 4:30pm | | ZUMBA (Judy) | YOGA (Vickie G.) Equip. Orientation (Megan) | INDOOR CYCLING (Rose) *GROUP TRAINING (Steve) | | | |
| 4:45pm | | X-FIT (Steve L.) PILATES (Vickie G.) <i>Cycle Room</i> | | PILATES (Vickie G.) | | | |
| 5:00 pm | | | X-FIT (Michelle) | | X-FIT (Michelle) | | |
| 5:15pm | | YOGA (Vickie G.) <i>Cycle Room</i> | *GROUP TRAINING (Megan) | YOGA (Vickie G.) | *GROUP TRAINING (Megan) *Nutrition Class | | |
| 5:30pm | | *KID FIT (Steve) Equip. Orientation (Frank) | INDOOR CYCLING (Jeanine) ZUMBA (Angela) Equip. Orientation (Michelle) | *KID FIT (Steve) Equip. Orientation (Frank) | INDOOR CYCLING (Jeanine) ZUMBA (Angela) BOOTCAMP (Michelle) <i>Multi-Purpose Room</i> | | |
| 6:00pm | | | YOGA (Megan) <i>Multi-Purpose Room</i> | | | | |
| 6:15pm | | POWER-UP (Vickie P.) | | POWER-UP (Vickie P.) | | | |
| 6:30pm | | X-FIT (Steve L.) | KETTLEBELL (Angela) | | MUSCLE PUMP (Angela) | | |

BOOTCAMP: A combination of body weight exercise, strength training and cardio in an interval type class.

HIPHOP CYCLE: Hip Hop cycle is a 30-minute high energy, calorie burning, bring your A game type of workout. This class is cycling incorporated with muscle toning movement set to music that you are sure to love.

BALANCE BALL: This fun class focuses on stabilizing, balancing and coordination using stability balls and hand weights.

X:FIT: If you like CrossFit you will love X-Fit. X-Fit combines a variety of functional movements into a timed workout. Involves pull-ups, squats, push-ups, weightlifting, running, rowing, and more.

MUSCLE PUMP: If you like Body Pump you will love Muscle Pump. Get a full body resistance workout in this high energy sculpting and toning class.

INDOOR CYCLING: Indoor cycling is an indoor group cycling program that increases cardiovascular fitness. Routines are designed to simulate terrain situations similar to riding a bike outdoors. Some of the movements and positions include hill climbs, sprints and interval training. An instructor uses music, motivation and coaching to lead students through a challenging ride. Indoor cycling will challenge both your aerobic and anaerobic fitness.

YOGA: Breathe, relax, and stretch your body with a gentle yoga practice designed to alleviate stress and help relieve common aches and pains. This yoga class is wonderful and accessible for people of all levels, ages, and sizes. Instruction will focus on principles for safe movement and will provide a comfortable atmosphere for self-appreciation and whole-body wellness.

PILATES: This class focuses on the awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body, flat stomach, balanced legs, and a strong back.

ZUMBA: Join the hottest workout that everyone is talking about! Zumba is an easy to learn and fun workout. It combines simple Latin & International rhythms and a relaxed party atmosphere with high energy, motivating music. Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggeaton, Mambo, Hip Hop, Swing/Jive, Cha-Cha, Flamenco, Belly Dancing, Samba, Tango and Jazz. Zumba provides both an aerobic and anaerobic interval training workout.

ZUMBA GOLD: The Zumba Gold® program targets the largest growing segment of the population: baby boomers. It takes the Zumba® formula and modifies the moves while bringing down the pace. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. The boomer group wants camaraderie, excitement and fitness as a regular part of their weekly schedule. The Zumba Gold class is the perfect fit, and the right choice for those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that feels friendly, and most of all, fun.

KETTLEBELL: This class is based on a sequence of exercises to get your heart rate up with controlled movement to build muscular strength and endurance. A Kettlebell is a traditional Russian cast iron weight that resembles a cannonball with a handle. It is the ultimate core workout, while developing your cardiovascular conditioning, power, stability, flexibility, balance, and agility.

POWER-UP: Power up your entire body by pumping and flexing upper body and lower body muscles and tightening and strengthening your core – abs, gluts and spine. Participants will perform simple but effective moves using weights, exercise bands and balls.

SILVER SNEAKERS YOGA: This class focuses on improving your balance, strength and flexibility in a safe environment. Using a chair, all work is done from either a seated or standing position. Yoga also helps reduce stress and teaches you how to breathe more effectively.

SILVER SNEAKERS MSROM: Silver Sneakers MSROM (Muscular Strength, Range of Motion) is designed for participants age 65 and over, this class moves through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADL). Hand held weights, elastic tubing and a ball are offered for resistance and a chair is used for seated and standing support.

GROUP EQUIPMENT ORIENTATION: Receive instruction on how to use the equipment. Whether you are a new member or just need a refresher on how to use the existing equipment, the personal trainers will give you the instruction you need.

***KID FIT:** Kit Fit is an hour -long class that incorporates exercise and nutrition in a safe, fun and non-intimidating format. Our program is designed to help give children confidence in their physical abilities, increase their motor skills and give them a head start on understanding the importance of leading a healthy lifestyle. The class is designed for kids 6 to 12 years of age. Pediatrician, Jude Cauwenbergh, DO will be attending the Saturday morning classes whenever possible. Classes are \$3. Discounts are available for multiple kids. Pre-registration and pre-payment is required. Convenient punch cards are available. Classes will be held at Lakeshore Park weather permitting.

***RESULTS WEIGHT MANAGEMENT PROGRAM: 12 Week Program Includes:** Fitness Assessment, Equipment Orientation Program Orientation

***GROUP TRAINING, Right-Sized Portion Plate, Food Scale, Food Journal, *NUTRITION CLASSES**

Program Cost: Members: \$119 (Adults) \$79 (Ages:14-18) Non-Members:\$299 (Adults) \$179 (Ages: 14-18) *(Includes membership to Premiere Fitness for 12 weeks.)*

***Group Training:** Get A Jump Start On Your Fitness Goals! Group Training includes a mixture of a vigorous combination of strength training for muscular and cardiovascular endurance, high intensity aerobic training, and flexibility improvement. All major muscle groups will be worked during this intense interval training session. Must bring a water bottle! **The cost for members is \$59 for 8 classes and \$79 for 12 classes. The cost for non-members is \$75 for 8 classes and \$99 for 12 classes.**

Hours of Operation: Monday-Thursday: 5:00 AM - 8:00 PM, Friday: 5:00 AM - 7:00 PM,
Saturday: 7:00 AM - 3:00 PM, Sunday: 9:00 AM - 1:00 PM

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www.premierefitness.com