

JULY 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)	
7:00am			BEACH BOOT CAMP <i>Lakeshore Park</i> (Angela)				
8:00am					INDOOR CYCLING (Megan)		INDOOR CYCLING (Jeanine)
9:00am		YOGA (Jeanine) No class 8/25 ZUMBA (Angela P.)	YOGA (Jeanine) No class 8/26	ZUMBA (Angela P.) <i>Multi-Purpose Room</i> YOGA (Vickie G.)	YOGA (Jeanine) <i>Cycle Room</i> No class 8/28	YOGA (Jeanine) No class 8/29	KID FIT (Steve) <i>Park</i> YOGA (Jeanine) ZUMBA (Michelle)
9:30am	HIP HOP CYCLE (Angela)				PILATES (Vickie G.)		
10:00am			BALANCE BALL (Vickie G.)		BALANCE BALL (Vickie G.)		X-FIT (Michelle) *GROUP TRAINING (Steve)
10:30am							Equip. Orientation (Steve) INDOOR CYCLING (Michelle)
10:45am			YOGA/PILATES MIX (Vickie G.)		SILVER SNEAKER CHAIR YOGA (Vickie G.)		
11:00am							
11:45am							
NOON				*Nutrition Class			
1:30pm			SILVER SNEAKER CHAIR YOGA (Vickie G.)				
4:00pm		ZUMBA (Angela P.) INDOOR CYCLING (Darius) No class 8/25	INDOOR CYCLING (Michelle)	ZUMBA (Angela P.) HIP HOP CYCLE (Angela)	INDOOR CYCLING (Angela P.) ZUMBA (Michelle)		
4:30pm			YOGA (Vickie G.) Equip. Orientation (Darius) No orientation 8/26		Equip. Orientation (Darius) No orientation 8/28		
4:45pm		X-FIT (Steve L.)		PILATES Vickie G.			
5:00 pm			X-FIT (Michelle)		X-FIT (Michelle)		
5:15pm			*GROUP TRAINING (Megan)	YOGA Vickie G.	*GROUP TRAINING (Megan) *Nutrition Class		
5:30pm		*KID FIT (Steve) <i>Lakeshore Park</i> Equip. Orientation (Darius) No orientation 8/25	INDOOR CYCLING (Jeanine) ZUMBA (Angela)	*KID FIT (Nick, Steve) <i>Lakeshore Park</i>	INDOOR CYCLING (Jeanine) ZUMBA (Angela)		
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)		

RIDE & RELAX 20/20: 20-minutes of indoor cycling followed by 20-minutes of yoga.

YOGA AT THE BEACH: Sun Salutations, balance, standing, seated and core strengthening postures with added fluidity and repetitious movements in the transitions naturally increase full body strength, stamina, and flexibility while calming and steadying the mind. Enjoy the moment with the horizon as a focus point. Yoga at the Beach will be held at Lakeshore Park Thursdays at 9 am. **If it is raining the class will be held at Premiere.**

BEACH BOOTCAMP: Beach Bootcamp is an outdoor group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training.

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.

COME AS YOU ARE YOGA: This free class for ACMC employees is perfect if you only have a short time to get away. Come as you are. No need to change into workout clothes for this half hour breathing, relaxing and stretching class incorporating yoga inspired movements and techniques. This will give ideas to stretch at your chair at work. Ends with a short massage that will help relax you and be stress free.

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, Reggaeton, Mambo, Hip Hop, Swing/Jive, Cha-Cha, Flamenco, Belly Dancing, Samba, Tango and Jazz. Zumba provides both an aerobic and anaerobic interval training workout.

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

Premiere Fitness 2231 Lake Avenue Ashtabula, OH 44004 (440) 998-3488 www.premierefitness.com