

JULY 2015 CLASS SCHEDULE

	SUN	MON	TUES	WED	THURS	FRI	SAT
5:15am		CIRCUIT (Tank)		TANKERSIZE (Tank)		CIRCUIT (Tank)	
5:30am		CYCLING (Rose)	CYCLING (Rose)	CYCLING (Rose)	CYCLING (Rose)	CYCLING (Rose)	
6:00am			TANKERSIZE (Tank)		CIRCUIT (Tank)		
8:00am		*TAI CHI (Ron Winters) Must pre-register	SCULPT & TONE (Alissa)	*TAI CHI (Ron Winters) Must pre-register	ZUMBA (Alissa)		FLIRTY FITNESS (Alissa) No class 7/18 CYCLING (Jeanine)
9:00am		YOGA (Megan)	ZUMBA (Alissa)	YOGA (Vickie G.)	YOGA (Megan) <i>Cycle room</i> SCULPT & TONE (Alissa)	YOGA (Megan)	KID FIT (Frank) YOGA (Jeanine)
9:30am	HIP HOP CYCLE (Angela)						
9:45am		BALANCE BALL/PILATES (Vickie G.)	*GROUP TRAINING (Steve)		*GROUP TRAINING (Steve) PILATES (Vickie G.) <i>Cycle room</i>		
10:00am	TANKER SIZE (Tank)		BALANCE BALL (Vickie G.) <i>Multi-Purpose Room</i>		SILVER SNEAKERS MSROM (Megan)	SILVER SNEAKERS MSROM (Megan)	INDOOR CYCLING (Michelle)
10:15am					BALANCE BALL (Vickie G.) <i>Cycle room</i>		TANKERSIZE (Tank)
10:30am		SILVER SNEAKERS MSROM (Vickie G.)	YOGA/PILATES MIX (Vickie G.)				
11:00am		SILVER SNEAKER CHAIR YOGA (Vickie G.)			SILVER SNEAKER CHAIR YOGA (Vickie G.)		
11:15am							TANKERSIZE (Tank)
NOON			*TAI CHI (Ron Winters) Must pre-register	*NUTRITION CLASS	*TAI CHI (Ron Winters) Must pre-register		*SELF-DEFENSE WORKSHOP July 11 th Noon-3 pm Must pre-register
1:30pm			SILVER SNEAKER CHAIR YOGA (Vickie G.)				
4:00pm				TANKERSIZE (Tank)	ZUMBA (Alissa)		
4:30pm		ZUMBA (Alissa) *GROUP TRAINING (Frank)	YOGA (Vickie G.)				
4:45pm		PILATES Vickie G. <i>Cycle Room</i>		PILATES Vickie G.			
5:15pm		YOGA (Vickie G.)		YOGA Vickie G.	*NUTRITION CLASS SCULPT & TONE (Alissa)		
5:30pm		*KID FIT (Frank) INDOOR CYCLING (Michelle)	CYCLING (Jeanine) ZUMBA (Angela)	*KID FIT (Frank) INDOOR CYCLING (Michelle)	CYCLING (Jeanine)	*BALLROOM DANCING 5 sessions: 7/17, 7/24, 8/7, 8/14, 8/21 Must pre-register	
6:15pm		POWER-UP (Vickie P.)		POWER-UP (Vickie P.)	FLIRTY FITNESS (Alissa)		

SCULPT & TONE: A toning class for arms, shoulders, abs, legs, and back using different weights with upbeat music.

FLIRTY FITNESS: Unleash your inner diva with this fun cardio dance class.

CIRCUIT: Circuit class that utilized free weights, balance ball, and floor mats and also includes 15 minutes of light to medium cardio.

TANKERSIZE: A muscle-building circuit workout and 35 to 40 minutes of hip hop based dance aerobics with a zumba feel.

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.

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 TONING: Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight toning sticks or dumbbells. Created to emphasize use of progressive light weight training to improve overall performance.

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.

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.

***RESULTS WEIGHT MANAGEMENT PROGRAM: 12 Week Program Includes:** Fitness Assessment, Equipment and 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.)*

***TAI CHI:** Members: \$6 per class (or 6 for \$29) Non-Members \$10 per class (or 6 for \$49). Must pre-register. June: Mondays and Wednesdays at 8am, Tuesdays and Thursdays at noon.

***SELF-DEFENSE WORKSHOP:** Saturday, July 11th noon-3pm. Members: \$39 Non-Members \$49. Must pre-register.

***BALLROOM DANCING:** Members: \$79 per couple or \$39 per person Non-Members \$89 per couple or \$49 per person. Must pre-register. 5 sessions: 7/17, 7/24, 8/7, 8/14, 8/21

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