

# MAY 2013 CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
5:30am	INDOOR CYCLING (Rose)	INDOOR CYCLING (Rose)	INDOOR CYCLING (Rose)	INDOOR CYCLING (Rose)	INDOOR CYCLING (Rose)	
7:45am				<b>Come As You Are Yoga (Angel) ACMC Staff Only Education Building</b>		
8:00am	INDOOR CYCLING (Megan)	INDOOR CYCLING (Megan) YOGA/PILATES MIX (Angel)	PILATES (Angel)	INDOOR CYCLING (Megan)	INDOOR CYCLING (Megan)	INDOOR CYCLING (Jeanine)
8:30 am			YOGA (Angel)			
9:00am	ZUMBA CORE (Judy.) YOGA (Megan) <i>Indoor Cycling Room</i>	CRANK IT UP (Megan)		YOGA (Megan)		<b>KID FIT</b> (Nick) ZUMBA (Judy) YOGA (Megan) <i>Multi-Purpose Room</i>
10:00am	SILVER SNEAKERS MSROM (Judy)		SILVER SNEAKERS MSROM (Angel)	SILVER SNEAKER CHAIR YOGA (Angel)	SILVER SNEAKERS MSROM (Megan)	<b>*ZUMBATOMIC:</b> (Angela P.) <b>*GROUP TRAINING</b> (Megan)
11:00am		ZUMBA GOLD (Judy)	SILVER SNEAKER Equipment Orientation (Angel)			INDOOR CYCLING (Megan)
NOON			<b>*Nutrition Class</b>			
1:30pm		SILVER SNEAKER CHAIR YOGA (Vickie G.)				
4:30pm	ZUMBA (Judy) LITTLE BLACK DRESS (Megan)	YOGA (Vickie G.) Equipment Orientation (Romero)	ZUMBA (Judy) <i>Multi-Purpose Room</i> INDOOR CYCLING (Megan)	INDOOR CYCLING (Rose) CRANK IT UP (Megan)		
4:45pm			PILATES Vickie G.			
5:15pm	CYCLING (Megan)	<b>*GROUP TRAINING</b> (Megan) H.I.T.T. Fit (Nick) <i>Multi-Purpose Room</i>	YOGA Vickie G.	<b>*GROUP TRAINING</b> (Megan) <b>*Nutrition Class</b>		
5:30pm	<b>*KID FIT</b> (Nick) <i>Multi-Purpose Room</i> Equipment Orientation (Bob)	INDOOR CYCLING (Jeanine) ZUMBA (Angela)	<b>*KID FIT</b> (Nick) <i>Multi-Purpose Room</i>	INDOOR CYCLING (Jeanine) ZUMBA (Angela)		
6:15pm	POWER-UP (Vickie P.)		POWER-UP (Vickie P.) No class 5/1			
6:30 pm		KETTLEBELL (Angela)		MUSCLE PUMP (Angela)		

***\*Fee for this class. See back for details.***

**LITTLE BLACK DRESS:** Need to fit into that “Little Black Dress”? This full body workout utilizing low weights and high reps is the perfect class for you!

**CRANK IT UP:** Crank it up -- is a fast pace high energy cardio class guaranteed to make you sweat!

**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 class 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.

**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.

**ZUMBA CORE:** This half-hour, easy-to-follow Zumba CORE® program was designed to add variety to Zumba Fitness® classes with dynamic vertical core movements, red-hot midsection exercises and rockin' new music. Strengthening core muscles enhances balance and stability, and improves posture and alignment to help amp up your every move.

**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.

**\*ZUMBATOMIC®:** Zumbatomic® classes are high-energy fitness-parties that offer real results. Packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. More than just a great reason to head to the gym, Zumbatomic classes make getting fit a fun family experience too. Classes are \$3. Discounts are available for multiple kids. Pre-registration and pre-payment is required. Convenient punch cards are available.

**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.

**H.I.T.T. Fit:** High Intensity Timed Training that incorporates weight lifting, cardio, and plyometrics, geared toward improving your performance.

**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 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](http://www.premierefitness.com)**