

# JANUARY FITNESS SCHEDULE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING (5AM -12PM)</b>						
<b>Cycling</b> 5:30AM (Rose) <b>Cardio Drumming</b> 8:00AM (Megan) <b>Yoga</b> 9:00AM (Megan) <b>SilverSneakers</b> <b>MSROM</b> 9:45AM (Megan) <b>Balance Ball</b> <b>Pilates</b> - Cycle Room 10:00AM (Vickie G.) <b>SilverSneakers Yoga</b> 10:30AM (Vickie G.)	<b>Cycling</b> 5:30 AM (Rose) <b>Yoga</b> 8:00AM (Jeanine) <b>Zumba Gold</b> 9:00AM (Judy) <b>Balance Ball</b> -Cycle Room 9:30AM (Vickie G.) <b>SilverSneakers</b> <b>MSROM</b> 10:00AM (Judy) <b>Yoga</b> -Cycle Room 10:00AM (Vickie G.) <b>Senior Tankersize</b> 11:00AM (Tank)	<b>Cycling</b> 5:30AM (Rose) <b>Yoga</b> 8:00AM (Jeanine) <b>SilverSneakers</b> <b>Circuit</b> 9:00AM (Bonnie) <b>Yoga</b> -Cycle Room 9:00AM (Vickie G.) <b>Silver Sneakers</b> <b>MSROM</b> 10:00AM (Judy) <b>Tankersize</b> 11:00AM (Tank) <b>*Group Training*</b> 11:00AM	<b>Cycling</b> 5:30AM (Rose) <b>Yoga</b> 8:00AM (Jeanine) <b>Pilates</b> - Cycle Room 9:30AM (Vickie G.) <b>Silver Sneakers</b> <b>Stability</b> 9:00 -10:00 (Bonnie) <b>Balance Ball</b> -Cycle Room 10:00AM (Vickie G.) <b>Silver Sneakers</b> <b>MSROM</b> 10:00AM (Megan) <b>SilverSneakers Yoga</b> 11:00AM (Vickie G.)	<b>Cycling</b> 5:30AM (Rose) <b>Cardio Drumming</b> 8:00AM (Megan) <b>Yoga</b> 9:00AM (Megan) <b>Silver Sneakers</b> <b>MSROM</b> 10:00AM (Megan) <b>Silver Sneaker</b> <b>Yoga</b> 11:00 AM (Megan)	<b>Cycling</b> 8:00AM (Jeanine) <b>Yoga</b> 9:00AM (Jeanine) <b>*KIDFIT*</b> 9:00AM (Frank) <b>Tankersize</b> 10:00AM (Tank)	<b>Yoga</b> 9:00AM (Julie) <b>Tankercircuit</b> 10:00AM (Tank) <b>Tankercycle</b> 10:45AM (Tank)
<b>AFTERNOON(12PM - 3PM)</b>						
	<b>SilverSneakers</b> <b>Yoga</b> 1:30PM (Vickie G.)	<b>*Nutrition Class*</b> 12:00PM				
<b>EVENING (4PM - 9PM)</b>						
<b>H.I.T.T. Tabata</b> 4:00 PM (Moses) <b>Pilates</b> 4:45 PM (Vickie G.) <b>Yoga</b> 5:15 PM (Vickie G.) <b>Cycling</b> 5:00PM (Karen) <b>*Group Training*</b> 5:30 PM <b>Power-Up</b> 6:15 PM (Vickie P)	<b>Group Training</b> 4:30PM <b>Cycling</b> 5:30PM (Jeanine) <b>*KIDFIT *</b> 5:30PM (Tank) <b>Cardio Hula Hoop</b> 5:30PM (Julie) <b>Yoga</b> 6:00PM (Julie) <b>*Group Training*</b> 6:30PM <b>Line Dancing</b> 6:30 PM (Tank)	<b>Cardio Drumming</b> 4:00PM (Tank) <b>Pilates</b> 4:45PM (Vickie G.) <b>Yoga</b> 5:15PM (Vickie G.) <b>Power Up</b> 6:15PM (Vickie P.)	<b>Cardio Drumming</b> 4:00PM (Megan) <b>*Group Training*</b> 4:30PM <b>Cycling</b> 5:30PM (Jeanine) <b>Yoga</b> 5:30PM (Julie) <b>*KIDFIT*</b> 5:30PM (Tank) <b>*Nutrition Class*</b> 5:30PM <b>Tankersize</b> 6:30PM (Tank) <b>*Group Training*</b> 6:30PM	<b>H.I.T.T. Tabata</b> 4:00 PM (Moses)		

All members receive complimentary fitness assessment and equipment orientation, see member specialist at desk for details.

# JANUARY FITNESS SCHEDULE 2017

**CARDIO DRUMMING:** A high energy and fun drum based cardio and strength class using weighted drumsticks.

**TANKERSIZE/CIRCUITS/CYCLE:** Enjoy Tank's high energy classes. Each class is a unique experience and total body work-out with weights, dancing and cycling.

**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.

**CARDIO HULA HOOP:** A cardio and core work out using weighted hula hoops. Strengthen your core muscles while having fun hooping.

**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

**POWER-UP:** Power up your entire body by pumping and flexing upper body and lower body muscles and tightening and strengthening your core – abs, glutes 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.

**SILVER SNEAKERS CIRCUITS:** The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball.

**SILVER SNEAKERS STABILITY:** Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level.

**LINE DANCING:** Learn all the new dance craze with choreographed moves to a wide variety of music styles.

**H.I.T.T. TABATA:** Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

**\*KID FIT:** Kid 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 13 years of age. 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.)

**FITNESS ASSESSMENT AND EQUIPMENT ORIENTATION:** All members should receive a free fitness assessment and equipment orientation. If you have not received these, please make an appointment at the front counter.

**Hours of Operation: Monday-Thursday: 5:00 AM - 8:00 PM, Friday: 5:00 AM - 7:00 PM,**

**All members receive complimentary fitness assessment and equipment orientation, see member specialist at desk for details.**