

# DECEMBER 2015 CLASS SCHEDULE

	SUN	MON	TUES	WED	THURS	FRI	SAT
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. <b>HOLIDAY HOURS: 12/24 8AM TO NOON 12/25 CLOSED</b>							
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		SCULPT & TONE (Megan)			SCULPT & TONE (Megan)		SCULPT & TONE (Alissa) CYCLING (Jeanine)
9:00am		YOGA (Megan) Cycle Room	ZUMBA TONING (Judy)	YOGA (Vickie G.)	ZUMBA GOLD (Judy) YOGA (Megan) Cycle room	YOGA (Megan)	<b>KID FIT</b> (Frank) YOGA (Jeanine)
9:30am	HIP HOP CYCLE (Angela)						
9:45am		BALANCE BALL/PILATES (Vickie G.) Cycle room			PILATES (Vickie G.) Cycle room		
10:00am	TANKER SIZE (Tank)	SILVER SNEAKERS MSROM (Megan)	SILVER SNEAKERS MSROM (Judy) BALANCE BALL (Vickie G.) Cycle room	SILVER SNEAKERS MSROM (Judy)	SILVER SNEAKERS MSROM (Megan)	SILVER SNEAKERS MSROM (Megan)	
10:15am					BALANCE BALL (Vickie G.) Cycle room		TANKERSIZE (Tank)
10:30am		SILVER SNEAKER CHAIR YOGA (Vickie G.)	YOGA (Vickie G.) Cycle room				
11:00am				ZUMBA BURST (Judy)	SILVER SNEAKER CHAIR YOGA (Vickie G.)	SILVER SNEAKER CHAIR YOGA (Megan)	
11:15am							TANKERSIZE (Tank)
NOON				<b>*NUTRITION CLASS</b>			
1:30pm			SILVER SNEAKER CHAIR YOGA (Vickie G.)				
4:00pm		SCULPT & TONE (Megan)		TANKERSIZE (Tank)	SCULPT & TONE (Megan)		
4:30pm		ZUMBA TONING (Judy) <b>*GROUP TRAINING</b> (Frank)	YOGA (Vickie G.)		<b>*GROUP TRAINING</b> (Frank)		
4:45pm		PILATES Vickie G. Cycle Room		PILATES Vickie G.			
5:15pm		YOGA (Vickie G.)		YOGA Vickie G.			
5:30pm		<b>*KID FIT</b> (Frank)	CYCLING (Jeanine) <b>BALANCE STRENGTH &amp; TONE</b> (Judy)	<b>*KID FIT</b> (Frank)	CYCLING (Jeanine) <b>*NUTRITION CLASS</b>		
6:00pm		<b>*GROUP TRAINING</b> (Judy)	<b>*GROUP TRAINING</b> (Judy)		<b>*BALLROOM DANCING</b> (Judy & Vince) Must pre-register		
6:15pm		POWER-UP (Vickie P.)		POWER-UP (Vickie P.)			

**BALANCE, STRENGTH & TONE:** Balance, Strength and Tone is a beginner class in which aerobic steps and the use of light weights improve balance, strength and muscle tone. Floor mats are used in this class.

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

**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, 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 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 BURST:** The Zumba Burst® program will fuse high intensity training concepts with electrifying fitness exercises into the well-recognized Zumba® formula. Who can do Zumba Burst®? This class is designed for the time conscious Zumba® participant who wants to maximize their work out in an efficient and effective way. Due to the varying levels of the attendees, high intensity movements may not apply to every person in the class, although they can be modified.

**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.

**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.

**\*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 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.)*

**\*BALLROOM DANCING:** Four consecutive classes recommended. Open enrollment. Join at any time. Register at the front counter. Payment required at registration. Members: \$20 per couple per class - \$10 per single per class Non-Member Rate: \$90 per couple for 4 classes - \$45 single for 4 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)