

## Group Fitness Schedule - April 2021

For more information on class format, please refer to the class descriptions provided on each page.  
Instructors are subject to change without notice. Reservations are required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pure Pilates 7:30 – 8:30a Becky	Rhythm Ride 5:30 – 6:15a Beth	Pure Pilates 7:30 – 8:30a Becky	Rhythm Ride 5:30 – 6:15a Beth	Pure Pilates 7:30 – 8:30a Becky	
	<i>*Fit for Life*</i> 8:15 – 9:15a Gina	Step Revolution 7:30 – 8:30a Kimberly	<i>*Fit for Life*</i> 8:15 – 9:15a Gina	Step Revolution 7:30 – 8:30a Kimberly	<i>*Fit for Life*</i> 8:15 – 9:15a Gina	Rhythm Ride 8:15 – 9:00a Merisha
Fusion Flow 10:30 – 11:30a Kimberly	Step Fusion 9:30 – 10:30a Michelle M	Muscle Up 9:30 – 10:30a Beth	Step Revolution 9:30 – 10:30a Beth	Muscle Up 9:30 – 10:30a Beth	HIIT Threat 9:30 – 10:30a Krista	HIIT Threat 9:30 – 10:30a Rotating Instructors
	Muscle Up 11:30a – 12:30p Krista	Barrelates 11:30a – 12:30p Cathrie	Muscle Up 11:30a – 12:30p Kimberly	Barrelates 11:30a – 12:30p Cathrie	Zumba 11:30a – 12:30p Fred	Muscle Up 11:30a – 12:30p Kimberly
Rhythm Ride 1:30 – 2:15p Tonya	Vinyasa Flow 1:00 – 2:00p Ferdouse	Rhythm Ride 12:45 – 1:30p Logan		Rhythm Ride 12:45 – 1:30p Tonya	Vinyasa Flow 1:00 – 2:00p Juliana	Ashtanga Yoga 1:00 – 2:00p Ferdouse
	Cardio Barre 4:00 – 5:00p Becky	HIIT Threat 4:00 – 5:00p Tonya	Cardio Barre 4:00 – 5:00p Becky	HIIT Threat 4:00 – 5:00p Lauren		
	HIIT Threat 5:30 – 6:30p Emeka	Barre 5:30 – 6:30p Jen H	HIIT Threat 5:30 – 6:30p Emeka / Logan	Barre 5:30 – 6:30p Jen H	Rhythm Ride 5:30 – 6:15p Logan	
	Zumba 7:00 – 8:00p Fred	Rhythm Ride 7:00 – 7:45p Kyleigh	Zumba 7:00 – 8:00p Randy	Rhythm Ride 7:00 – 7:45p Kyleigh		

## Conference Room Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Flex 7:30 – 8:15a Beth	Core Power 7:30 – 8:00a Beth		Core Power 7:30 – 8:00a Beth	Flex 7:30 – 8:15a Beth	
		Chair Strength & Flexibility 9:30 – 10:30a Robin		Chair Strength & Flexibility 9:30 – 10:30a Robin	Vinyasa Flow 9:30 – 10:30a Emily	Pure Pilates 9:30 – 10:30a Joyce
		Flex 11:30a – 12:15p Ansley		Flex 11:30a – 12:15p Katie	Pure Pilates 11:30a – 12:30p Cathrie	
	Pure Pilates 3:30 – 4:30p Christine N		Pure Pilates 3:30 – 4:30p Christine N			
	Vinyasa Flow 5:30 – 6:30p Ansley	Pure Pilates 5:30 – 6:30p Joyce	Vinyasa Flow 5:30 – 6:30p Emily	Pure Pilates 5:30 – 6:30p Joyce		

Classes will be offered with limited capacity. Reservations are required for ALL class offerings. Visit [premierTLH.com](http://premierTLH.com) to learn more about making your reservation.

- Look for reservation floor indicators in your class, placed 8 feet apart to help practice social distancing
- Classes will be spaced apart to allow for sanitation and cleaning
- Members are asked to bring their own yoga mats
- Classes marked with a \* symbol are located in the cycling studio



## Aqua Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua HIIT 7:00– 7:45a Reagan	<i>TMH WATER THERAPY</i> 7:00 – 8:45a	Aqua HIIT 7:00– 7:45a Reagan	<i>TMH WATER THERAPY</i> 7:00 – 8:45a	Aqua HIIT 7:00– 7:45a Reagan	Aqua Flow 8:00 – 8:45a Joyce
	Aqua Rhythm 8:00 – 8:45a Peggy	Aqua Flow 9:00 – 9:45a Joyce	Aqua Rhythm 8:00 – 8:45a Peggy	Aqua Flow 9:00 – 9:45a Joyce	Aqua Rhythm 8:00 – 8:45a Peggy	Aqua HIIT 9:00 – 9:45a Christine S
	Aqua HIIT 9:00 – 9:45a Michele	Aqua HIIT 10:00 – 10:45a Joyce	Aqua HIIT 9:00 – 9:45a Michele	Aqua HIIT 10:00 – 10:45a Joyce	Aqua HIIT 9:00 – 9:45a Michele	
Aqua Rhythm 10:15 – 11:00a Joyce	Aqua Flow 10:00 – 10:45a Joyce	Aqua Flow 11:00 – 11:45a Amanda	Aqua Flow 10:00 – 10:45a Joyce	Aqua Flow 11:00 – 11:45a Amanda	Aqua Flow 10:00 – 10:45a Amanda	
Aqua HIIT 4:00 – 4:45p Christine S	<i>TMH WATER THERAPY</i> 3:00 – 4:45p		<i>TMH WATER THERAPY</i> 3:00 – 4:45p			
	Aqua HIIT 6:00 – 6:45p Michele		Aqua HIIT 6:00 – 6:45p Michele			

### Group Fitness Class Descriptions

- **Ashtanga Yoga** participants are led through a sequence of progressive poses that link the movement with the breath. Not to be confused with Vinyasa Flow, Ashtanga Yoga follows a set sequence of poses that are practiced each class.
- **Aqua Flow** is the water version of our Mind/Body offerings. Aqua Flow fuses the practices of yoga and Pilates into one class.
- **Aqua HIIT** combines bursts of high energy movements with varying rest periods. Utilizing the water dumbbells and pool noodles, this naturally low-impact class with challenge your stamina and strength.
- **Aqua Rhythm** comfortably tones and strengthens muscles while developing coordination, improving flexibility, and building cardiovascular stamina.
- **Barre** – Barre's isolated, low-impact movements help target those problem areas like your core, legs and glutes! The tempo is fast so get ready to burn some calories and sweat!
- **Barrelates** – unifies the practice of Barre with the practice of Pilates. This low impact class will tone your body, improve your posture, and increase flexibility!
- **Cardio Barre** - Empower your body and mind in this traditional approach to Barre fitness. Low impact movements combined with high repetitions will energize your entire body, creating long, lean and powerful muscles. Dance experience is not required.
- **Chair Strength & Flexibility** – A chair-based fitness class specifically designed for active aging populations and those new to exercise. This class will help participants complete their activities of daily living by training the body to move in all directions, improve balance, and increase strength and flexibility.
- **Fit for Life\*** A great option for active agers and those new to exercise. Fit for Life fuses the principles of strength, balance, flexibility and mobility into one. \*Please note that this class is located in the cycling studio\*
- **Flex** reminds participants that it's important to slow down and give your body a little TLC. Flex class helps improve your range of motion through guided stretching and breathing techniques.
- **Fusion Flow** unifies the practice of yoga with the practice of Pilates for a dynamic class to compliment any routine! Fusion Flow's unique format is great for active recovery, injury prevention, or for increasing overall strength and flexibility.
- **HIIT Threat** When functional training meets High Intensity Interval Training, you've got HIIT Threat! Challenge your mind and body as our energetic coaches push you to find new levels of strength, cardio and conditioning!
- **Muscle Up** is a weight training class that will work every muscle in your body! Think 60 minutes of pure strength training. Modifications are offered to accommodate all fitness levels so grab those weights and muscle up!
- **Pure Pilates** Pure Pilates allows you to work the deepest layers of core muscles, which help to stabilize and support your spine and pelvis – improving posture, balancing muscle imbalances and increasing overall core strength.
- **Rhythm Ride** – When words fail, music speaks! Let the music be your guide in Rhythm Ride. A 45-minute high intensity interval-based class that pushes your limits and leaves you wanting more. More resistance! More sweat! More life!
- **Step Fusion** - jab, jab, punch, kick! This high energy cardio class is guaranteed to burn calories and leave you sweating! A great challenge for the conditioned athlete and those new to exercise.
- **Step Revolution** - Shake up your cardio routine with this musically charged format! Great for all fitness levels, Step Revolution is a cardio classic that's more fun than work!
- **Vinyasa Flow** mindfully integrates movement with breath. Vinyasa Flow allows participants to explore new movements and balances, providing modifications for all.
- **Zumba** - Zumba is an energizing and internationally recognized aerobic workout that combines fast and slow rhythms, much like other interval- based class.