

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 will challenge your stamina and strength.
- **Aqua Rhythm** comfortably tones and strengthens muscles while developing coordination, improving flexibility, and building cardiovascular stamina.
- **Barre** Will empower your body and mind. Low impact movements combined with high repetitions will energize your entire body, creating long, lean and powerful muscles. Dance experience is not required.
- **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** – 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!
- **Chair Conditioning** is 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.
- **Chair Yoga** is a gentle form of yoga that can be done sitting in a chair or standing on the ground using the chair for support. Benefits include increased balance, strength, flexibility, range of motion and stress reduction.
- **Fit for Life** helps participants complete their activities of daily living by training the body to move in all directions, improve balance, and increase strength and flexibility. A great option for active agers and those new to exercise.
- **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! This 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 indoor cycling class that pushes your limits and leaves you wanting more. More resistance! More sweat! More life!
- **TRX Bootcamp** - is an athletic conditioning class that focuses on functional strength, movement and mobility. This circuit style class is perfect for all levels as participants will work at their own pace, with modifications.
- **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** - is an energizing and internationally recognized aerobic workout that combines fast and slow rhythms, much like other interval- based classes.

Premier Health & Fitness Center November Class Schedule

Group Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pure Pilates SR 8:00 – 9:00a Becky		Pure Pilates SR 8:00 – 9:00a Becky		Pure Pilates SR 8:00 – 9:00a Becky	
	Step Fusion C 9:30 – 10:30a Michelle	Muscle Up S 9:30 – 10:30a Beth	Step Revolution C 9:30 – 10:30a Beth	Muscle Up S 9:30 – 10:30a Beth	HIIT Threat A 9:30 – 10:30a Ali	HIIT Threat A 9:30 – 10:30a Rotating Instructors
Fusion Flow RA 10:30 – 11:30a Kimberly	Muscle Up S 11:30a – 12:30p Krista	Barrelates R 11:30a – 12:30p Cathrie	Muscle Up S 11:30a – 12:30p Ali	Barrelates R 11:30a – 12:30p Cathrie	Zumba C 11:30a – 12:30p Fred	Muscle Up S 11:00a – 12:00p Kimberly
	Vinyasa Flow R 1:00 – 2:00p Ferdouse				Vinyasa Flow R 1:00 – 2:00p Juliana	Ashtanga Yoga RS 12:30 – 1:30p Ferdouse
	Cardio Barre SC 4:00 – 5:00p Becky	Muscle Up S 4:00 – 5:00p Logan	Cardio Barre SC 4:00 – 5:00p Becky	Muscle Up S 4:00 – 5:00p Katie		
	HIIT Threat A 5:30 – 6:30p Emeka	Barre S 5:30 – 6:30p Jen	HIIT Threat A 5:30 – 6:30p Logan	Barre S 5:30 – 6:30p Jen		
	Zumba C 7:00 – 8:00p Fred		Zumba C 7:00 – 8:00p Randy			

Due to limited space, reservations are strongly encouraged to ensure class participation for **all indoor classes**. Visit PremierTLH.com to learn more.

- Class reservations may be made 3 days in advance
- Look for reservation floor indicators in your class
- Classes are spaced apart to allow for sanitation, cleaning and air circulation
- Members are asked to bring their own yoga mats
- Instructors are subject to change without notice

Did you know you can also download the free mobile app through your iPhone or android phones? Just search '**PremierTLH**' in your mobile app store to get started!

Conference Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Flex R 7:30 – 8:15am Beth	Core Power R 7:30 – 8:00a Beth	Flex R 7:30 – 8:15am Beth	Core Power R 7:30 – 8:00a Beth	Flex R 7:30 – 8:15am Beth	
	Chair Yoga GS 9:30 – 10:30a Amanda	Chair Conditioning GS 9:30 – 10:30a Robin	Chair Yoga GS 9:30 – 10:30a Amanda	Chair Conditioning GS 9:30 – 10:30a Robin	Vinyasa Flow R 9:30– 10:30a Emily	Pure Pilates RS 9:30 – 10:30a Joyce
		Flex R 11:30a – 12:15p Ansley		Flex R 11:30a – 12:15p Robin	Pure Pilates RS 11:30 – 12:30p Cathrie	
	Vinyasa Flow R 5:30 - 6:30p Ansley	Pure Pilates RS 5:30 – 6:30p Joyce	Vinyasa Flow R 5:30 - 6:30p Emily	Pure Pilates RS 5:30 – 6:30p Joyce		

H2O Fitness

Class reservations are not required aqua aerobics

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

Cycle Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cycle 30 6:15 – 6:45a Beth	Rhythm Ride 5:30 – 6:15a Beth	Cycle 30 6:15 – 6:45a Shannon	Rhythm Ride 5:30 – 6:15a Beth		Rhythm Ride 8:15 – 9:00a Merisha
Rhythm Ride 1:30 – 2:15p Tonya		Rhythm Ride 12:00 – 12:45p Ali		Rhythm Ride 12:00 – 12:45p Ali		
		Rhythm Ride 6:00 – 6:45p Kyleigh		Rhythm Ride 6:00 – 6:45p Logan	Rhythm Ride 5:30 – 6:15p Kyleigh	

Basketball Court

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX Bootcamp 5:30 – 6:15a Kyleigh		TRX Bootcamp 5:30 – 6:15a Merisha			
	Fit for Life GSC 8:15 – 9:15a Gina		Fit for Life GSC 8:15 – 9:15a Gina		Fit for Life GSC 8:15 – 9:15a Gina	

Group Fitness Map Key

- **(S)** Strength – Make your muscles stronger with strength geared formats
- **(C)** Cardio – Cardiovascular fitness. May be aerobic or anaerobic (A)
- **(R)** Restorative – Help calm the mind and body
- **(G)** Gentle – For active agers and those new to exercise.
- **(A)** Advanced – Not recommended for those new to exercise or with medical concerns.

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