

Class Descriptions

- **Ashtanga Yoga** participants are led through a sequence of progressive poses that link the movement with the breath. Ashtanga Yoga follows a set sequence of poses that are practiced in each class.
- **Aqua Flow** is the water version of our Mind/Body offerings. Aqua Flow fuses the practices of yoga and Pilates.
- **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 are combined with high repetitions to energize your entire body, creating long, lean and powerful muscles.
- **Barrelates** unifies the practice of Barre with the practice of Pilates. This low impact class will help to improve your posture and increase your flexibility.
- **Cardio Barre** is a high intensity but low impact version of Barre. With high repetitions, fast paced tempos and wider range of motion – Cardio Barre will leave you sweating and feeling strong!
- **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.
- **Core Power** Thirty minutes of powerful, core focused exercises. This mat-based class will strength your core and help to improve your posture.
- **Cycle 30** will make the most of your time. This 30-minute class will elevate your heart rate and leave you feeling invigorated. Cycle 30 is a great compliment to Sculpt 30!
- **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** will challenge your mind and body as our energetic coaches push you to find new levels of strength, cardio and conditioning!
- **HIIT 30** is the condensed version of our HIIT Threat. Focused, powerful and quick! Make the most out of your lunch break with HIIT 30!
- **Kickboxing Fusion** blends cardio kickboxing with strength training, providing a well-rounded, motivating and FUN workout! A great challenge for the conditioned athlete and those new to exercise.
- **Muscle Up** is a strictly strength focused class that is designed to work every muscle in your body! Modifications are offered to accommodate all fitness levels so grab those weights and muscle up!
- **Power Flow** is faster pace version of our Vinyasa Flow yoga. This more vigorous practice will help improve strength, mobility while also promoting a peaceful state of mind.
- **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** is 45-minute high intensity, low impact interval-based indoor cycling class that pushes your limits and leaves you wanting more. When words fail, music speaks! Let the music be your guide in Rhythm Ride.
- **Sculpt 30** will hit every muscle group in this 30-minute functional training strength class. Compound movements will challenge your strength, balance and stamina. Train smarter, not harder with Sculpt 30!
- **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. sweating! A great challenge for the conditioned athlete and those new to exercise.
- **Step Revolution** is an aerobics staple! 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 Winter Class Schedule – Effective January 1, 2022

Group Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sculpt 30 7:00 – 7:30am Ali	Sculpt 30 6:30 – 7:00am Reagan	Sculpt 30 7:00 – 7:30am Kyleigh	Sculpt 30 6:30 – 7:00am Reagan		
	Flex 7:45 – 8:30am Beth	Barre 8:00 – 9:00am Rachel	Flex 7:45 – 8:30am Beth	Barre 8:00 – 9:00am Rachel	Flex 7:45 – 8:30am Beth	
	Kickboxing Fusion 9:30 – 10:30am Michelle	Muscle Up 9:30 – 10:30am Beth	Step Revolution 9:30 – 10:30am Beth	Muscle Up 9:30 – 10:30am Beth	HIIT Threat 9:30 – 10:30am Ali	HIIT Threat 9:15 – 10:15am Rotating Instructors
Fusion Flow 10:30 – 11:30am Kimberly	Muscle Up 11:00am – 12:00pm Krista	Flex 11:00 – 11:45am Ansley	Muscle Up 11:00am – 12:00pm Ali	Flex 11:00 – 11:45am Robin	Zumba 11:00am – 12:00pm Fred	Muscle Up 11:00am – 12:00pm Kimberly
	HIIT 30 12:15 – 12:45pm Krista	Barrelates 12:00 – 1:00pm Cathrie	HIIT 30 12:15 – 12:45pm Ali	Barrelates 12:00 – 1:00pm Cathrie		Ashtanga Yoga 12:30 – 1:30pm Ferdouse
Zumba 3:00 – 4:00pm Randy	Cardio Barre 4:30 – 5:30pm Becky	Muscle Up 4:30 – 5:30pm Merisha	Cardio Barre 4:30 – 5:30pm Becky	Muscle Up 4:30 – 5:30pm Katie		
	HIIT Threat 5:45 – 6:45pm Emeka	Barre 5:45 – 6:45pm Jen	HIIT Threat 5:45 – 6:45pm Logan	Barre 5:45 – 6:45pm Jen		
	Zumba 7:00 – 8:00pm Fred		Zumba 7:00 – 8:00pm Randy			



Conference Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pure Pilates 8:00 – 9:00am Becky	Core Power 7:30 – 8:00am Beth	Pure Pilates 8:00 – 9:00am Becky	Core Power 7:30 – 8:00am Beth	Pure Pilates 8:00 – 9:00am Becky	
	Chair Yoga 9:30 – 10:15am Amanda		Chair Yoga 9:30 – 10:15am Amanda		Vinyasa Flow 9:30 – 10:30am Emily	Pure Pilates 8:45 – 9:45am Joyce
	Flex 10:45 – 11:30am Cathrie	Chair Conditioning 9:30 – 10:30am Robin	Flex 10:45 – 11:30am Katie	Chair Conditioning 9:30 – 10:30am Robin	Flex 10:45 – 11:30am Ali	
	Vinyasa Flow 12:00 – 1:00pm Ferdouse					
	Power Flow 5:30 – 6:30pm Juliana	Flex 5:30 – 6:15pm Joyce	Vinyasa Flow 5:30 – 6:30pm Emily	Pure Pilates 5:30 – 6:30pm Joyce	Pure Pilates 11:45am – 12:45pm Cathrie	

H2O Fitness

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

Cycle Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Rhythm Ride 5:30 – 6:15am Beth		Rhythm Ride 5:30 – 6:15am Beth		
	Cycle 30 6:15 – 6:45am Beth		Cycle 30 6:15 – 6:45am Shannon			Rhythm Ride 8:15 – 9:00am Merisha
Rhythm Ride 1:30 – 2:15pm Tonya	Rhythm Ride 10:00 – 10:45am Robin	Rhythm Ride 12:00 – 12:45pm Ali	Rhythm Ride 10:00 – 10:45am Tonya	Rhythm Ride 12:00 – 12:45pm Ali		
		Rhythm Ride 5:45 – 6:30pm Kyleigh		Rhythm Ride 5:45 – 6:30pm Logan		

Back Half of the Basketball Court

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

Premier Health & Fitness Group Fitness Update – Effective January 1, 2022

All group fitness classes will require reservations and the group fitness “add-on” service. For more information, or to gain access to your PremierTLH account, please sign up for the group fitness add-on at the front desk.

PremierTLH reservation reminders:

- Class reservations may be made 3 days in advance
- If you need to cancel your reservation, please cancel at least 3 hours prior to class start time
- Members are encouraged to bring a towel and personal yoga mats
- Instructors are subject to change with or without notice. For subbing updates, call substitute hotline at 850-431-2348 ext: 5

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!