

## Class Descriptions

- **AMP Rhythm Ride** – upbeat music and a dynamic instructor guide the way in this combination class of traditional cycling and upper body strength. AMP Rhythm Ride is an effective and fun full-body workout.
- **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** 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** celebrates the good things in life – low impact dance aerobics, strength training and balance! 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!
- **Kickboxing Fusion** blends cardio kickboxing with athletic drills utilizing an aerobics step – empowering all fitness levels for 60 minutes of cardio!
- **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.
- **TRX Circuit 30 HIIT 30** is the shorter version of our TRX Bootcamp. Energetic, functional and powerful! Make the most out of your lunch break with TRX Circuit 30!
- **Step Revolution** Great for all fitness levels, Step Revolution is a throwback to the classic step aerobics that helped shape the fitness industry! If you love to dance, then you'll love step revolution!
- **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 Summer Group Fitness Schedule

### 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	Sculpt 30 7:00 – 7:30am Shannon	
	Flex 7:45 – 8:30am Beth		Flex 7:45 – 8:30am Beth		Flex 7:45 – 8:30am Beth	Barrelates 8:15 – 9:15am Jen
	Kickboxing Fusion 9:30 – 10:30am Michelle	Muscle Up 8:45 – 9:30am Beth	Step Revolution 9:30 – 10:30am Krista	Muscle Up 8:45 – 9:30am Beth	HIIT Threat 9:30 – 10:30am Ali	HIIT Threat 9:30 – 10:30am Rotating
Fusion Flow 10:30 – 11:30am Kimberly	Muscle Up 11:00am – 12:00pm Krista	Muscle Up 9:45 – 10:30am Ali	Muscle Up 11:00am – 12:00pm Krista	Muscle Up 9:45 – 10:30am Ali	Zumba 11:00am – 12:00pm Fred	Muscle Up 11:00am – 12:00pm Kyleigh
	Vinyasa Flow 12:15 – 1:15pm Ferdouse	Flex 11:00 – 11:45am Ansley		Flex 11:00 – 11:45am Robin		Ashtanga Yoga 12:30 – 2:00pm Ferdouse
Zumba 3:00 – 4:00pm Rotating	Cardio Barre 4:30 – 5:30pm Becky	Barrelates 12:00 – 1:00pm Cathrie	Cardio Barre 4:30 – 5:30pm Becky	Barrelates 12:00 – 1:00pm Cathrie		
	HIIT Threat 5:45 – 6:45pm Emeka	Muscle Up 4:30 – 5:30pm Merisha	HIIT Threat 5:45 – 6:45pm Logan	Muscle Up 4:30 – 5:30pm Katie		
	Zumba 7:00 – 8:00pm Fred	Barre 5:45 – 6:45pm Jen	Zumba 7:00 – 8:00pm Randy	Barre 5:45 – 6:45pm Jen		



The PremierTLH spring/summer group fitness schedule will be offered Friday, April 1 – Friday, September 30. A fall/winter schedule will be released in September and will be offered October 1 – March 30. Please note that this schedule is subject to change without notice.

All group fitness classes 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.

## 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 9:15 – 10:15am Amanda	Chair Conditioning 9:00 – 9:45am Robin	Chair Yoga 9:15 – 10:15am Amanda	Chair Conditioning 9:00 – 9:45am Robin	Vinyasa Flow 9:30 – 10:30am Emily	Pure Pilates 8:45 – 9:45am Joyce
	Flex 10:45 – 11:30am Cathrie	Chair Conditioning 10:00 – 10:45am Robin	Flex 10:45 – 11:30am	Chair Conditioning 10:00 – 10:45am Robin	Flex 10:45 – 11:30am Ali	
		Core Power 5:00 – 5:30pm Michelle		Core Power 5:00 – 5:30pm Logan	Pure Pilates 11:45am – 12:45pm Cathrie	
	Power Flow 5:45 – 6:45pm Juliana	Flex 5:45 – 6:30pm Joyce	Vinyasa Flow 5:45 – 6:45pm Emily	Pure Pilates 5:45 – 6:45pm Joyce		

## 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 Reagan	<i>TMH WATER THERAPY</i> 7:45 – 8:45am	Aqua Rhythm 8:00 - 8:45am Reagan	<i>TMH WATER THERAPY</i> 7:45 – 8:45am	Aqua Rhythm 8:00 - 8:45am Reagan	
	Aqua HIIT 9:00 – 9:45am Joyce	Aqua Flow 9:00 – 9:45am Joyce	Aqua HIIT 9:00 – 9:45am Joyce	Aqua Flow 9:00 – 9:45am Joyce	Aqua HIIT 9:00 – 9:45am Joyce	Aqua Zumba 9:00 – 9:45am Lana
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 Amanda	<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 5:45 – 6:30pm Joyce	Aqua HIIT 5:45 – 6:30pm Reagan	Aqua HIIT 5:45 – 6:30pm Joyce	Aqua Zumba 5:45 – 6:30pm Lana		

## 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 8:30 – 9:15am Rachel	Rhythm Ride 8:15 – 9:00am Merisha
Rhythm Ride 1:30 – 2:15pm Tonya	Cycle 30 11:30 – 12:00pm Robin	Rhythm Ride 12:00 – 12:45pm Ali	Cycle 30 11:30 – 12:00pm Ali	Rhythm Ride 12:00 – 12:45pm Ali		
		Rhythm Ride 5:45 – 6:30pm Kyleigh		AMP 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	
	TRX Circuit 30 12:15 – 12:45pm Ali		TRX Circuit 30 12:15 – 12:45pm Ali			

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

All group fitness classes 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 the 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!