

## 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. **Deep Water Aqua HIIT is held in Lane One of the Lap Pool.**
- **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.
- **Revolve Flow** aims to return us to our evolutionary roots through a flow of positional drills designed to unlock mobility, promote stability and restore functional movement and breathing patterns that have been lost due to a more sedentary lifestyle.
- **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!
- **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!
- **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** is the shorter version of our TRX Bootcamp. Energetic, functional and powerful! Make the most out of your lunch break with TRX Circuit 30!
- **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.

## Group Fitness Construction Schedule Effective Monday, August 1st

### Group Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Sculpt 30 6:30 – 7:00am Reagan		Sculpt 30 6:30 – 7:00am Reagan		
	Sculpt 30 7:00 – 7:30am Ali	Core Power 7:15 – 7:45am Beth	Sculpt 30 7:00 – 7:30am Kyleigh	Core Power 7:15 – 7:45am Beth	Sculpt 30 7:00 – 7:30am Shannon	
	Flex 7:45 – 8:30am Beth	Sculpt 30 8:00 – 8:30 Beth	Flex 7:45 – 8:30am Beth	Sculpt 30 8:00 – 8:30 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 Ali	Step Revolution 9:30 – 10:30am Beth	Muscle Up 8:45 – 9:30am Ali	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	Chair Conditioning 10:00 – 10:45am Robin	Muscle Up 11:00am – 12:00pm Krista	Chair Conditioning 10:00 – 10:45am Robin	Zumba 11:00am – 12:00pm Fred	Muscle Up 11:00am – 12:00pm Kyleigh
Revolve Flow 1:30 – 2:30pm Chris	Vinyasa Flow 12:30 – 1:30pm Ferdouse	Flex 11:00 – 11:45am Robin		Flex 11:00 – 11:45am Ansley	Pure Pilates 12:15 – 1:15pm Cathrie	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 Kimberly	Vinyasa Flow 5:45 – 6:45pm Emily	
	Zumba 7:00 – 8:00pm Fred	Barre 5:45 – 6:45pm Jen	Zumba 7:00 – 8:00pm Randy	Barre 5:45 – 6:45pm Jen		

Construction on the Mind/Body studio is scheduled to begin Monday, August 1. All classes currently held in the conference room will be relocated during this time. Please refer to this construction schedule for more information on your class location and times. Outdoor classes are subject to cancellation due to inclement weather without notice.

The construction schedule will remain in effect until completion of the Mind/Body studio. A fall/winter schedule will be released at the time of the studio grand opening.

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.



## Pool Deck Pavilion

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pure Pilates 8:00 – 9:00am Becky		Pure Pilates 8:00 – 9:00am Becky		Pure Pilates 8:00 – 9:00am Becky	
					Vinyasa Flow 9:30 – 10:30am Emily	Pure Pilates 8:45 – 9:45am Joyce
	Flex 10:45 – 11:30am Cathrie		Flex 10:45 – 11:30am Katie		Flex 10:45 – 11:30am Ali	
	Power Flow 5:45 – 6:45pm Michelle	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 Michele	<i>TMH WATER THERAPY</i> 7:45 – 8:45am	Aqua Rhythm 8:00 – 8:45am Michele	<i>TMH WATER THERAPY</i> 7:45 – 8:45am	Aqua Rhythm 8:00 – 8:45am Michele	
	Aqua HIIT 9:00 – 9:45am Michele	Deep Water Aqua HIIT 9:00 – 9:45am Joyce	Aqua HIIT 9:00 – 9:45am Michele	Deep Water Aqua HIIT 9:00 – 9:45am Joyce	Aqua HIIT 9:00 – 9:45am Michele	Aqua Zumba 9:00 – 9:45am Lana
Aqua Rhythm 10:15 – 11:00am Joyce	Aqua Flow 10:00 – 10:45am Joyce	Aqua Flow 10:00 – 10:45am Joyce	Aqua Flow 10:00 – 10:45am Joyce	Aqua Flow 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 Michele	<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	Aqua Zumba 6:00 – 6:45pm 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 Rachel		Cycle 30 6:15 – 6:45am Shannon	Rhythm Ride 8:15 – 9:00am Merisha
Rhythm Ride 12:30 – 1:15pm Kyleigh	Cycle 30 11:30 – 12:00pm Robin	Rhythm Ride 12:00 – 12:45pm Ali	Cycle 30 11:30 – 12:00pm Michele	Rhythm Ride 12:00 – 12:45pm Ali		
		AMP Rhythm Ride 5:45 – 6:30pm Logan		Rhythm Ride 5:45 – 6:30pm Tonya		

## 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	Pickleball 9:00am – 12:00pm *Inclusive to membership*	Fit for Life 8:15 – 9:15am Gina	Pickleball 9:00am – 12:00pm *Inclusive to membership*	Fit for Life 8:15 – 9:15am Gina	Pickleball 9:00am – 12:00pm *Inclusive to membership*
	Chair Yoga 9:30 – 10:30am Amanda		Chair Yoga 9:30 – 10:30am Amanda			
	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!