

## Aqua Aerobics & Group Fitness Studio Class Descriptions

- **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. Barrelates will help 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. [Please note that new participants are encouraged to take the Chair Conditioning class before booking an Advanced Chair Conditioning Class.](#)
- **Core Power** is designed to build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.
- **Fit for Life** is a low impact interval training class that fuses cardio, strength and balance. This class is perfect for active agers and those new to exercise.
- **HIIT Threat** will challenge your mind and body as our energetic coaches push you to find new levels of strength, cardio and conditioning! For an additional 15 minutes of added core work, check out **HIIT Threat +**
- **Kickboxing Fusion** blends cardio kickboxing with traditional step aerobics into one class for true cardio blitz!
- **Sculpt** is a modern refresh to our traditional **'Muscle Up'** class. Sculpt is a functional strength training class that focuses on compound movements in all planes of motion. Increase strength and total body mobility in Sculpt.
- **Sculpt 30** is an express offering of our staple 'Sculpt' class. Functional compound movements yield effective workouts in a shorter span of time 30. Sculpt 30 is perfect for those with busy schedules and multitaskers.
- **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!
- **Strictly Strength** Strictly Strength places emphasis on heavy lifting to build muscle through more isolated movements, helping muscles grow. A full body workout that superset muscle groups resulting in 30-minutes of pure power
- **Zumba** is an energizing and internationally recognized aerobic workout that combines fast and slow rhythms, much like other interval- based classes.

## Aqua Aerobics

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 Joyce
Aqua Rhythm 10:30 – 11:15am 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 Zumba 10:00 – 10:45am Lana
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	<i>TMH WATER THERAPY</i> 11:00am – 1:00pm	
	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		

## Winter 2022/2023 Group Fitness Schedule

### 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	
	Fit for Life 8:15 – 9:15am Gina	Strictly Strength 8:00 – 8:30 Beth	Fit for Life 8:15 – 9:15 Gina	Strictly Strength 8:00 – 8:30 Beth	Fit for Life 8:15 – 9:15 Gina	
	Kickboxing Fusion 9:30 – 10:30am Michelle	Sculpt 8:45 – 9:30am Ali	Step Revolution 9:30 – 10:30am Beth	Sculpt 8:45 – 9:30am Ali	HIIT Threat + 9:30 – 10:45am Ali	METCON 9:30 – 10:30am Kyleigh
	Sculpt 11:00am – 12:00pm Krista	Advanced Chair Conditioning 10:00 – 11:00am Robin	Sculpt 11:00am – 12:00pm Krista	Advanced Chair Conditioning 10:00 – 11:00am Krista	Zumba 11:00am – 12:00pm Fred	Sculpt 11:00am – 12:00pm Kyleigh
		Chair Conditioning 11:15 – 12:00pm Robin		Chair Conditioning 11:15 – 12:00pm Krista		
Zumba 3:00 – 4:00pm Rotating		Barrelates 12:15 – 1:15pm Cathrie		Barrelates 12:15 – 1:15pm Cathrie		
	Barre 4:30 – 5:30pm Jen	Cardio Barre 4:30 – 5:30pm Becky	Barre 4:30 – 5:30pm Jen	Cardio Barre 4:30 – 5:30pm Becky		
	HIIT Threat 5:45 – 6:45pm Emeka	Sculpt 5:45 – 6:45pm Kyleigh	HIIT Threat 5:45 – 6:45pm Shannon / Kyleigh	Sculpt 5:45 – 6:45pm Kyleigh		
	Zumba 7:00 – 8:00pm Fred		Zumba 7:00 – 8:00pm Randy			

### Group Fitness Studio Class Etiquette

1. Every class should be booked in advance. Class bookings may be made in the PremierTLH mobile app or at PremierTLH.com. Bookings may be made 3 days in advance to members with the group fitness add-on service.
2. Arrive to class before the scheduled start time. If you're late, be mindful to not disrupt others upon entering
3. Personal belongings like a gym bag, purse and cell phone do not belong on the studio floor. Please store these items in a locker prior to class.
4. Bring a towel. Wipe down your equipment after use. Cleanliness is an act of kindness.
5. Class descriptions may be located on the back side of the schedule.

### Aqua Aerobics Class Etiquette

1. Every class should be booked in advance. Class bookings may be made in the PremierTLH mobile app or at PremierTLH.com. Bookings may be made 3 days in advance to members with the group fitness add-on service.
2. Arrive to class before the scheduled start time. If you're late, be mindful to not disrupt others upon entering
3. Class descriptions may be located on the back side of the schedule.
4. Talking during class is a major distraction for those around you. Please be mindful to keep talking to a minimum.

## Mind/Body Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Morning Mobility 7:30 – 8:15am Beth		Morning Mobility 7:30 – 8:15am Beth		Morning Mobility 7:30 – 8:15am Beth	
	Pure Pilates 8:30 – 9:30am Becky	Vinyasa Flow 8:15 – 9:30am Michelle	Pure Pilates 8:30 – 9:30am Becky	Vinyasa Flow 8:15 – 9:30am Amanda	Pure Pilates 8:30 – 9:30am Becky	Vinyasa Flow 9:00 – 10:15am Rotating
Fusion Flow 10:30– 11:30am Kimberly	Chair Yoga 10:00 – 11:00am Amanda	Morning Mobility 9:45 – 10:30am Michele	Chair Yoga 10:00 – 11:00am Amanda	Morning Mobility 9:45 – 10:30 Robin	Vinyasa Flow 9:45 – 11:00am Emily	Morning Mobility 10:30 – 11:15am Joyce
Breath & Balance 1:30 – 2:30pm Chris	Vinyasa Flow 11:30 – 12:45pm Ferdouse	Restorative Yoga 10:45 – 12:00pm Ana	Vinyasa Flow 11:30 – 12:45pm Ferdouse		Morning Mobility 11:15– 12:00pm Ali	Ashtanga Yoga 11:30– 1:00pm Ferdouse
	Vinyasa Flow 5:45 – 7:00pm Ansley	Fusion Flow 5:45 – 6:45pm Jen	Vinyasa Flow 5:45 – 6:45pm Emily	Fusion Flow 5:45 – 6:45pm Joyce	Pure Pilates 12:15 – 1:15pm Cathrie	
					Vinyasa Flow 5:45 – 7:00pm Emily	

### Mind/Body 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.
- **Breath & Balance** unlock mobility, promote stability and restore functional movement and breathing patterns that have been lost due to a more sedentary lifestyle.
- **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.
- **Energy Yoga** is a yoga style with short and intense yoga series allied to Breathwork. Each class is wrapped up with a short form of meditation and relaxation.
- **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.
- **Morning Mobility** previously known as 'Flex', Morning Mobility is a guided stretch class that will improve your range of motion and retain free movements in damaged joints. Move better to feel better. Props may be used from time to time.
- **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.
- **Tai Chi** is an ancient form of Chinese exercise consisting of slow, relaxed movements that help develop a sense of balance and harmony between the mind and the body. **Tai Chi is coming soon!**
- **Vinyasa Flow** mindfully integrates movement with breath. Vinyasa Flow allows participants to explore new movements and balances, providing modifications for all.

### Mind/Body Studio Etiquette

1. Every class should be booked in advance.
2. Arrive to class before the scheduled start time. If you're late, be mindful to not disrupt others upon entering
3. Personal belongings like a gym bag, purse and cell phone do not belong on the studio floor. Please store these items in a locker prior to class.
4. Shoes should be removed upon entering the studio. Shoe cubbies are available within the studio.
5. Due to the nature of all mind/body classes, personal yoga mats are strongly encouraged. There are limited loaner yoga mats available for use. Members are not guaranteed loaner mat availability.

## 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	Rhythm Ride 9:30 – 10:15am Robin	Rhythm Ride 12:00 – 12:45pm Ali	Rhythm Ride 9:30 – 10:15am Krista	Rhythm Ride 12:00 – 12:45pm Ali		Cycle Sculpt 10:00 – 10:45am Shannon
		Cycle 30 5:00 – 5:30pm Michele		Cycle 30 5:00 – 5:30pm Michele		

## Basketball Court TRX Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX Bootcamp 5:30 – 6:15am Kyleigh		TRX Bootcamp 5:30 – 6:15am Merisha			
	TRX Circuit 30 12:15 – 12:45pm Ali		TRX Circuit 30 12:15 – 12:45pm Katie			

### Cycle & TRX Class Descriptions

- **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 and Sculpt!
- **Cycle Sculpt** combines the best of our indoor cycling classes with intervals upper body strength exercises. Light dumbbells are used through high repetitions to help keep your heart rate elevated.
- **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.
- **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!

### Cycle & TRX Class Etiquette

1. Every class should be booked in advance. Instructors personalize your TRX circuit based off of the number of bookings. Help them plan for success by booking in advance.
2. Arrive to class before the scheduled start time. If you're late, be mindful to not disrupt others upon entering
3. Personal belongings like a gym bag, purse and cell phone do not belong in the cycling studio. Please store these items in a locker prior to class. Daily use lockers are available on the basketball court.
4. Bring a towel. Wipe down your equipment after use. Cleanliness is an act of kindness.
5. We ride close so we can feel each other's energy. Talking during class and overpowering smells are a major distraction for those riding around you.