



# Group Fitness Schedule

2231 Lake Avenue  
 Ashtabula, Ohio 44004  
 (440) 998-FITT (3488)  
 www.premierefitness.com

This Schedule Effective 5/01/08

## MAY 2008

	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
5:30 AM	<b>Cycling</b> (Rose)		<b>Cycling</b> (Rose)		<b>Cycling</b> (Rose)		
7:30 AM		<b>HZ Cycling</b> (Debbie)		<b>Cycling</b> (Debbie)			
8:00 AM						<b>Cycling 1-hour</b> (Jeanine)	
8:30 AM							
12:00 PM	<b>BOOT CAMP</b> (Danielle) <b>12:10 - 12:55</b>		<b>BOOT CAMP</b> (Danielle) <b>12:10 - 12:55</b>	<b>5:20 PM</b> Variety Class (Danielle) In Yoga Studio			
5:30 PM	<b>Cycling</b> (Michelle)	<b>Cycling</b> (Jeanine)	<b>Cycling</b> (Michelle)		<b>Cycling</b> (Jeanine)		
6:30 PM	<b>Hardbodies</b> (Angie)	<b>Yoga</b> (Angie) <b>Body Blast</b> (Jim Smith)	<b>Full Body Workout</b> (Debbie)				

Premiere Fitness is pleased to offer you a variety of classes which are FREE to all members. If you are only interested in taking classes, Premiere offers a group exercise membership which includes unlimited classes for only \$40 per month. or \$10 per class The group fitness program is designed to provide variety throughout the week in class style, time of day and instructor presentation. Classes will be offered on a first come, first served basis.

## Class Descriptions

### Regular Group Fitness Classes:

**Heart Zones Cycling:** One of the fastest growing indoor cycling programs in North America. It incorporates current training principles, technology (heart rate monitor) and motivating “individualized” workouts. Heart Zones Cycling approaches a class setting from an athletic cycling perspective coaching the rider through both steady state and interval training with the heart setting the tempo and the pace. ***This class is suitable for all interested riders with or without a heart rate monitor. Let our Blue Jersey Certified Cycle Trainers teach you how to change the way you look and feel with this new cutting-edge training system.***

**Muscle Pump:** Muscle Pump is a 60 min. weight training workout designed to engage the entire body while using barbells and weights. This class is performed with motivating music and is ideal for both beginners and experienced personnel.

**Step N Pump:** This 60 minute electrifying class is designed to really work those leg muscles, its high intensity and very motivating. It incorporates aerobics all with the use of a platform step. It also has a twist of muscle pump in the mix. Get ready to sweat and have fun doing it!

**Cardio Kick and Punch:** This 60 min. class is similar to the popular Taebo or Kickboxing classes. It incorporates muscle endurance as well as focusing on core strength. Tone and trim your body with this high intensity class.

**Hardbodies:** This 60 minute class incorporates a variety of equipment (steps, jump ropes, balls, and weights) used to blend fun with aerobics and strength training exercises.

**ABS-TRAKT:** This 30 minute class is fast paced and designed for you to “Feel the Burn” in the abdominal muscles, strengthening the whole core. While still keeping a fast cardio pace.

**Bodyblast:** This 75 minute class will have you breaking a sweat before the warm-up is over! It is a total body workout that combines endurance work with strength training all packed into one. If you want a challenge this is the class for you! Led by local bodybuilding champion Jim Smith!

### Yoga Classes

**Simply Yoga:** This class combines strength, flexibility, and balance through asanas and relaxation.

**Mixed Yoga:** Take your yoga practice to the next level. This class emphasizes strength, stamina and mindfulness by developing your core with the use of intermediate postures and accurate alignment.