





...The game is on

9000 Memphis Drive
(806) 771-Game
www.PremierLubbock.com

JULY 2011 GROUP X SCHEDULE

CLUB HOURS MONDAY - THURSDAY 5AM - 11PM FRIDAY 5AM - 8PM SATURDAY 9AM - 6PM SUNDAY NOON - 6PM	KID'S FITNESS & ROCK WALL HOURS MONDAY - FRIDAY 5PM - 8PM REQUIRES MEMBERSHIP 8 YEARS OLD - 13 YEARS OLD	PLAYROOM HOURS MONDAY - THURSDAY 8 AM - 1PM, 4:00 PM - 9 PM FRIDAY 8 AM - 1PM, 4:00 PM - 8 PM SATURDAY 9 AM - NOON Pool memberships now available for children under 7 years old	POOL HOURS MON. - SUN. 1PM - 6PM SWIM ACADEMY 11am, 12pm, 5:30pm, 6:30pm <i>Enroll Now</i>
JULY MEMBERSHIP SPECIAL Off Peak Membership Special Sponsor a friend on our July Special and get a Premier workout bag!!	NOW ENROLLING Summer Sports Mania Speed and Agility Summer Camp Maxout Combine Training	UPCOMING EVENTS Le Tour de France Virtual Race Zumba/Aqua Fitness Stroller Fitness	PRIVATE POOL RENTALS After 7:30pm Mon. - Thu. After 6pm Fri. - Sun.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM Tred 'n' Shred	5:15 AM Power Pump/Abs	5:15 AM Zumba®	5:15 AM Power Pump	5:15 AM Outdoor Walk/Jog	9:00 AM Abs*	
8:30 AM Power Pump	8:30AM Turbo Kick®	8:30 AM Tred 'n' Shred	8:30 AM Interval Step	8:30 AM H.B & T/Abs	9:30 AM Multi Step	
9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®	9:30 AM Silver Sneakers®		
12:15 PM BootKamp*		12:15 PM BootKamp*		12:15PM BootKamp*		
2:00 PM Silver Sneakers®		2:00 PM Silver Sneakers®				2:00 PM Zumba®** **2nd & 4th Sunday of the month
5:30 PM Power Pump	5:30 PM Zumba®	5:30 PM Pilates	5:30 PM Cardio Power	5:30 PM Power Pump Circuit*	*30 Minute Class	
	5:30 PM Abs*					
6:00 pm Spin	6:00 PM H, B & T*		6:00 PM H, B, & T*	6:00 PM Turbo Kick®		
			6:00 PM Spin			
6:30 PM Zumba®	6:30 PM BootKamp.	6:30 PM Turbo Kick®	6:30 PM Zumba®*			
7:30 PM Ball Sculpt			7:00 PM Abs*			

CARDIO-VASCULAR Step & Multi Step- One hour, multi uses more than one step but have no fear! Instructor will work at low, medium, and high levels of intensity to provide all skill levels an opportunity to get a great workout. H.E.A.T. & Boot Kamp- One hour. Bring your sissy fat cells and watch 'em melt! This is a total body workout: cardio, stamina, strength, and balance. Turbo Kick®- a combination of intense kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. Requires no kickboxing experience.	WEIGHT TRAINING Power Pump- One hour group weight lifting class. Great music, great exercises, and a total body workout for awesome results. Int. Circuit- This class combines the use of hand-weights and a stability ball for intense weight training with intervals of cardio conditioning. Ball Sculpt- Combines balance, strength, and cardio for an entire body sculpt.	MUSCLE & BODY TONING Pilates/Yoga- This class is designed to increase your flexibility and core body strength through power toning combos and deep muscle stretching. YogaFit®- a style that combines fitness moves such as push-ups, sit-ups and squats with traditional yoga postures linked together in a flowing format. H, B, & T- Targeted to the hips, buns, and thighs area of the body. Abs- This class is designed to strengthen and develop the abdominal and core body area for greater overall fitness.	SENIOR ADULT CLASSES  SilverSneakers®- You have fun while moving to music and doing a variety of exercises designed to increase muscular strength, range of motion and activity for daily living. Regular activities planned to socialize after class including monthly birthday celebrations, pot luck lunches, and even cook-off competitions.  Personal Trainer of the Month Jill Marshall <i>Come by and see how she can help you succeed!</i>	EQUIPMENT CLASSES Spin- This is a cycling class. No special equipment needed just you and a desire to burn those fat cells. Class held upstairs by racquetball courts. Tread 'n' Shred- Group treadmill class done downstairs by the racquetball courts. It combines walking, jogging, running, and hill climbing into a fantastic cardio class. You can go at your own pace based on your ability. Triathlon Training- Specialty class preparing the club members for the Tri-Raider Sprint. Run, swim and bike all from the convenience of your gym.	LUNCH CLASS Lose It at Lunch- 30 min class, fruit, yogurt and drinks served after, and back to work in time for an energy filled afternoon. HAVEN'T HAD ENOUGH... MORE CARDIO Cardio Power- A total body workout combining Kickboxing, Bootkamp and cross training techniques to develop ultimate cardio fitness. EACH OF THE CATEGORIES DO NOT LIMIT WHAT CAN BE DONE IN THE CLASS ASK FOR MORE DETAILS ABOUT OUR CLASSES.	WHAT'S HOT Zumba® - The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! <i>Rent a private Zumba® Party for you, a friend or even your daughter.</i> Specialty Classes- Not included on the regular class schedule and occur at a variety times and dates throughout the month. Ask your instructor for more details.
---	--	---	--	---	--	--