



# PREMIER

HEALTH & FITNESS



**"Fitness for Every Body"**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am			POWER YOGA MARA				
8:30am	YOGA TRACY	SPINNING KEVIN		MAT PILATES OLESYA	POWER YOGA NANCY		
8:30am					SPINNING MARIETTE		
9:00am			BODY WORKS MARCELLI			IRON WORKS BETTY	
9:30am	H.A.B.I.T. JOSE	TOTALEE FIT LEE		SPINNING KATHY	POWER TRAINING JOSE		SPINNING JOSE
9:30am				TOTAL BODY W/OUT LARRY			
10:00am			ZUMBA FITNESS ANGEL				
10:00am	SPINNING KEVIN		SPINNING JOSE			SPINNING KEVIN	
10:30am		POWER YOGA JEAN MARC					POWER TRAINING JOSE
11:00am						POWER YOGA JEAN MARC	
11:30am	SILVER AND FIT NANCY		SILVER AND FIT NANCY				
4:30pm		HIP HOP KIDZ **Enrollment required		HIP HOP KIDZ **Enrollment required			
5:30pm							
6:00pm	POWER TRAINING JOSE	KICK & SCULPT LINA	DEFINITION JANET	POWER TRAINING JOSE	YOGA BEVERLY		
7:00pm	"RIO"- REAL INTENSE OUTCOME LIZ	C.O.R.E JOSE	CARDIO KICKBOXING KEVIN	ZUMBA FITNESS ANGEL			
7:00pm	SPINNING JOSE	SPINNING MARIETTE	SPINNING JOSE	SPINNING JULIO			
8:00pm	YOGA BEVERLY		MAT PILATES OLESYA				

**KEY:**

	Studio One
	Studio Two
TBD	To be Determined

**CLUB HOURS:**

Mon - Fri 5AM - 11PM  
Sat & Sun 8AM - 8PM

[WWW.YOURPREMIERGYM.COM](http://WWW.YOURPREMIERGYM.COM)

**CHILDCARE HOURS:**

Mon - Fri	8:30am - 11:30am
Mon - Wed	5:00pm - 9:00pm
Thur	5:00pm - 8:00pm
Sat & Sun	9:00am - 12pm

ALL CLASSES ARE 50 MINUTES UNLESS OTHERWISE SPECIFIED  
1250 East Hallandale Beach Blvd., Hallandale, FL 33009 Ph: (954) 455-8700

## Class Descriptions

**Body Works**- An interval class consisting of high-rep and low-weight strength training with cardio interval bursts. Engage all muscle groups and work up a sweat!

**Cardio Kickboxing**- An action-packed workout that combines a series of punching and kicking combinations. This class improves strength, muscle tone and endurance. An intense workout for the participant who wants a challenge

**C.O.R.E.** - Increase strength, flexibility and balance with this unique CORE workout. This class focuses on all the muscles from the shoulders down to the hips to improve overall strength and posture, decrease back pain, and increase stabilization.

**Definition** - Come and enjoy an overall workout. This class concentrates on all major muscles groups to strengthen and tone your body.

**H. A. B. I. T.** - Total lower body shaping and sculpting, one hour dedicated to targeting a specific group of muscles such as hips, abs, butt and inner-thighs. One of a kind workout!

**Iron Works** - This innovative group strength training class utilizes barbells and other specialized equipment to focus on toning and conditioning your entire body.

**Kick & Sculpt** - A combination of chiseling and energizing kickboxing movements mixed with strengthening and toning sculpting exercising. Kickboxing movements help achieve a beautiful strong body by focusing on arms, abs, glutes, and legs.

**Mat Pilates** - Increase strength, flexibility and balance with a series of fluid floor work exercises designed to develop a strong foundation and to kick your butt!

**Power Training** - A perfect combination of fat blasting & all-over body toning to help reach your fitness goals. This is a great fun class for all fitness levels, ending with abs and a relaxing stretch.

**Power Yoga** - A complete yoga practice where you will move from easy poses to more challenging ones in a gentle and respectful way while emphasizing strength and flexibility.

**RIO - HOT Brazilian INTENSE dance fitness**- Introducing, The HOTTEST NEW INTENSE BRAZILIAN dance fitness "RIO" REAL, INTENSE, OUTCOME...Get ready to change your routine as you dance like never before to this Brazilian & Latin Fusion. Reshape your body, getting your Brazilian Butt lift by LIZ the natural, way as you learn how to move to today's HOTTEST dance mix

**Silver and Fit**- Silver and Fit is a total-body senior workout program. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. We include exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout design for your age group!

**Spinning** - The Spinning® program is the global leader in indoor cycling training. Uniquely tailored to suit a wide range of abilities and fitness goals, the Spinning program and patented Spinner® bikes manufactured by Star Trac® deliver a personalized workout, incredible calorie burn and personal challenge—all at a self-directed pace. A typical Spinning class can have you burning over 600 calories!

**TOTALEE FIT**- Follow the instructor through a series of exercises while listening to a mix of pop, R & B, jazz, hip hop and radios top 100 hits. This class targets the hips, abs, buttocks, thighs and arms to increase strength, flexibility and endurance.

**Yoga** - A unique workout consisting of proper breathing exercises and postures that lengthen and strengthen your muscles. All fitness levels will benefit from this rejuvenating class!

**Zumba** - Are you ready to party yourself into shape? That's exactly what this Zumba® class is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.