@premierfitnesscity

Premier Health & Fitness City

PREMIER
HEALTH & FITNESS CENTRE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am (45 mins)	PUMP Viv	CIRCUIT Jason	PILATES Lana	PUMP Laurie	HIIT (30 min) Vickie		
7:30am (45 mins)			BODY PUMP Alice		PILATES (7:15 am) Lana	PUMP 60 mins (9:30 am) Annie	
10:30am (60 mins)						YOGA Alisa	
12.15pm (45 mins)	PUMP Vickie	CIRCUIT Vickie	PUMP Vickie	TABATA / HIIT Vickie	PUMP Patty		
1.00pm (45 mins)	YOGA Christine	Pilates Lou	YOGA Christine	PUMP Vickie	YOGA 60 mins Kath		
1.45pm (45 mins)							
5.30pm (45 mins)	BARRE Fleur	PUMP Cecilia	PUMP Jason	PUMP Jason	YOGA Christine		
6.15pm (45mins)	PUMP Vickie	YOGA Iris	YOGA Christine	PILATES Lana	MEDITATION Christine		

CYCLE STUDIO 2 (45 min classes)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am (45 mins)		CYCLE Vickie	CYCLE Cecilia	CYCLE Ashley	CYCLE Vickie		
1.00pm (45 mins)							
5.30pm (45 mins)	CYCLE Vickie						
6.15pm (45 mins)		CYCLE Cecilia					

GROUP CLASS DESCRIPTIONS

STRENGTH

HITT

High Intensity interval training.
Compound exercises that alternates between short bursts of intense activity with shorter rest periods. Designed to elevate the heart rate and work the body at maximum effort.

BODY PUMP

The fastest way to change the shape of your body by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weights. Get inspired to get the results you came for – and fast!

BARRE

A low impact, high intensity workout combining the best of all the things, from standing pilates work, short cardio intervals, to dance moves in a ballet class. Suitable for everybody and all levels of fitness

PILATES

A Body conditioning class excellent for improving posture, strength, and flexibility also teaches coordination, concentration and control of the body.

STAMINA

SWEAT

High energy class that combines sports inspired athletic movements like jumping, running, lunging and agility drills to improve cardiovascular fitness and strength.

CYCLE

Enjoy a ride of a different kind with a motivating instructor guiding you over various terrains and intensities to increase fitness levels and burn calories. All fitness levels welcome.

CIRCUIT

Effective and challenging for overall body conditioning. It works well for developing strength, endurance, flexibility and coordination.

MIND & BODY

YOGA

A traditional holistic experience which rejuvenates your mind, body and spirit. Nurture every muscle, nerve and gland in your body. Through the practice of yoga, you will gain agility, balance, endurance and great vitality.

MEDITATION

Focus the mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.