@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 Annie | 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 Vi | 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.