



...The game is on



Leave a review  
and help us grow!



Instagram




# Group X Schedule

SPORTSPLEX HOURS		KID'S FITNESS HOURS		PLAYROOM HOURS		PREMIER WEST HOURS	
MONDAY - THURSDAY	5AM - 11PM	MONDAY - FRIDAY	5PM - 7PM	MONDAY - FRIDAY	8AM - 12PM	MONDAY - SUNDAY	5AM - 11PM
FRIDAY	5AM - 9PM		7 - 13 year olds		4:00PM - 8PM		Key Card Access
SATURDAY	9AM - 6PM			SATURDAY	9AM - NOON		
SUNDAY	12PM - 6PM						




## PREMIER SPORTSPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am Power N Strength	5:15am Bag Kickboxing	5:15am Weight Cardio Interval	5:15am Step	5:15am PowerPump		
8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength		9:00am Abs *	
9:30am Silver Sneakers® <i>Classic</i>	9:30am Silver Sneakers® <i>Classic</i>	9:30am Silver Sneakers® <i>Circuit</i>	9:30am Silver Sneakers® <i>Yoga</i>	9:30am Silver Sneakers® <i>Yoga</i>	9:30am Multi Step	* 30 min class
10:30am Silver&Fit® <i>Excel</i>		10:30am Silver&Fit® <i>Excel</i>		10:30am Silver&Fit® <i>Excel</i>	<b>Give POUND a try!</b> <b>New at both locations!</b>  ROCKOUT. WORKOUT.	
5:30pm PowerPump	5:30pm Circuit Stations *	5:30pm Tabata *	5:30pm Boxing			
6:30pm (Zumba Room) POUND *	6:00pm POUND *	6:00pm Pilates Stretch *				
7:00pm Zumba® *	6:30pm Yoga		6:30pm Yoga			



## PREMIER WEST FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am BUILD	5:15am BUILD	5:15am BUILD	5:15am BUILD		
<u>SWIM ACADEMY</u> 4 years and up Member discounts 3 - 2 week sessions		<u>POOL PARTIES</u> BBQ grills, lifeguards, gazebo, diving board & slide		<u>SUMMER SPORTS CAMP</u> 6-13 years old Sports ALL Day! Swim EVERYDAY	
				<b>CONTACT INFO:</b> <b>806-771-4263 - Phone</b> <a href="http://www.PremierSportsplex.com">www.PremierSportsplex.com</a> <a href="mailto:manager@premierlubbock.com">manager@premierlubbock.com</a>	

<p><b><u>CARDIO-VASCULAR</u></b></p> <p><b>Step &amp; Multi Step</b> This is the workout that revolutionized fitness. Total body benefits beyond cardio (just ask your muscles the next day!)</p> <p><b>Zumba®</b> Exotic rhythms set to high-energy Latin and international beats. There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating...before you know it you will have Zumba friends, a fit body and more energy than ever!</p>	<p><b><u>CARDIO-VASCULAR</u></b></p> <p><b>5k Training</b> This class meets at the back entrance and trains at the park. This summer class will get you 5k ready or improve your PR!</p> <p><b><u>WEIGHT TRAINING</u></b></p> <p><b>Power Pump</b> Change happens in this group weight lifting class. Great music, great exercises, and a total body workout for awesome results.</p> <p><b>Bootcamp</b> A variety of workouts to change your body as quickly as possible giving you quick gains in strength, endurance and shape.</p>	<p><b><u>MUSCLE &amp; BODY TONING</u></b></p> <p><b>Yoga</b> Everyone is welcome and benefits regardless of fitness level or yoga experience. Integrate mind, body, spirit and breathe in our heated room to take your practice where you want it to be.</p> <p><b>H.I.I.T.</b> High Intensity Interval Training increases metabolism, burns more calories, burns fat without losing muscle, and builds a healthy heart...seasoned exercisers get a challenge while new exercisers get quick results!</p> <p><b>H.I.I.T. Pilates</b> Calorie burning and more with this class. Heart pounding cardio mixed with various Pilates inspired exercises will make your body respond. This class is the best of both classes rolled up in one. All fitness levels welcome.</p> <p><b>POUND</b> The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Only 10 spots!</p>	<p><b><u>SENIOR ADULT CLASSES</u></b></p> <p><b>Silver Sneakers®</b> 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.</p> <p><b>Silver&amp;Fit® Excel</b> is designed for the active, athletic older adult who is looking for a challenging workout. The exercises are freestanding and involve more complex movements for advanced fitness levels.</p> <p><b>Silver Strength</b> Focuses on exercises to help maintain stability for daily living. Adds strength training to your workout. Different muscle groups each workout. Uses weights</p>	<p><b><u>EQUIPMENT CLASSES</u></b></p> <p><b>SPIN</b> Our cycle classes take you on a journey of heart pumping jumps, epic hills and adventurous straights. No skill or equipment required (water, towel). This is a smiley, sweaty calorie torching cardio class held in the spin room (ask where).</p> <p><b><u>FITNESS ON DEMAND</u></b></p> <p>Choose from over 200 classes at the kiosk or join a group virtual class! So many styles, so many options and virtually anytime you want! 30 minute Xpress workout, P90X, Spinning and more!</p>	<p><b><u>RESERVING YOUR SPOT IN CLASSES</u></b></p>  <ul style="list-style-type: none"> <li>-Search MINDBODY in the APP or Android store.</li> <li>-Download</li> <li>-Complete registration and verify email link</li> <li>-Search Premier Lubbock</li> <li>-Select your primary location</li> <li>-View the class schedule and book your classes</li> <li>-Invite you friends via text and social media!</li> </ul> <p>Booking classes is important as it helps us create the best times and classes for you as well as helps your class instructor with attendance bonuses!</p> <p>VIRTUAL CLASSES - Find more descriptions, reserve your spot and view the schedule on the Fitness on Demand App</p>
--	--	--	--	--	---

