



...The game is on



Group X Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am Strong by Zumba	5:15am Weights	5:15am Kickboxing	5:15am Weights	5:15am Kickboxing		
8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength	8:30am Silver <i>Stretch</i>	9:00am * Inferno 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 Yoga	* 30 min class
		9:30am Silver <i>Stretch</i>			9:30am Multi Step	
10:30am Silver&Fit® <i>Excel</i>		10:30am Silver&Fit® <i>Excel</i>		10:30am Silver&Fit® <i>Excel</i>	<p>Give POUND a try!</p>	
5:30pm PowerPump	5:30pm Step Interval *	5:30pm Pilates	5:30pm Kickboxing			
6:30pm Zumba® *	6:00pm POUND *	6:30pm Inferno Abs *				
7:00pm POUND *	6:30pm Yoga	7:00pm H.I.I.T. *	6:30pm Yoga			
PREMIER REESE FITNESS MON. - THURS. 11AM - 9PM FRIDAY 11AM - 6PM SATURDAY 10AM - 6PM SUNDAY 1PM - 5PM		PREMIER REESE FITNESS Now open! Over 18,000 sq. ft. of sports and fitness. 2 basketball and 2 racquetball courts. 2,500 sq. ft. of fitness.		PREMIER PRIME ACCESS Now Registering for access to ALL THREE locations. Just \$5 more per month for all standard memberships!		CONTACT INFO: 806-771-4263 - Phone www.PremierSportsplex.com manager@premierlubbock.com

CARDIO-VASCULAR

Step & Multi Step

This is the workout that revolutionized fitness. Total body benefits beyond cardio (just ask your muscles the next day!)

Zumba®

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!

CARDIO-VASCULAR

Boxing

is not just an arm workout! When done properly, is a full body workout- legs, core, back, shoulders, and arms as well as a cardiovascular workout. Participants will use real boxing bags to enhance this workout experience. Gloves are encouraged but not required.

WEIGHT TRAINING

Power Pump

Change happens in this group weight lifting class. Great music, great exercises, and a total body workout for awesome results.

Circuit Stations

Targets strength building and muscular endurance. Stations are designed to target one area and exercise over a 1 ½ minute intervals.

MUSCLE & BODY TONING

Yoga

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.

Pilates Stretch

A perfect way to end your day. Pilates is known for helping people develop both strength and flexibility. Emphasizing the strength aspect of Pilates, this class will relax you as well as add strength and flexibility training to your workout.

MELT

This full-body method of self-care can be customized to your particular needs – from improving performance and decreasing the risk of repetitive stress injuries to eliminating chronic pain, regardless of what's causing your pain in the first place.

POUND

The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Only 10 spots!

SENIOR ADULT CLASSES

Silver Sneakers®

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.

Silver&Fit® Excel

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.

Silver Strength

Focuses on exercises to help maintain stability for daily living. Adds strength training to your workout. Different muscle groups each workout. Uses weights

EQUIPMENT CLASSES

SPIN

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).

FITNESS ON DEMAND

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!

RESERVING YOUR SPOT IN CLASSES



- Search MINDBODY in the APP or Android store.
- Download
- Complete registration and verify email link
- Search Premier Lubbock
- Select your primary location
- View the class schedule and book your classes
- Invite you friends via text and social media!

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!

VIRTUAL CLASSES - Find more descriptions, reserve your spot and view the schedule on the Fitness on Demand App

