



...The game is on



Group X Schedule

SPORTSPLEX HOURS		PLAYROOM HOURS		PREMIER REESE FITNESS		PREMIER WEST HOURS
MONDAY - THURSDAY	5AM - 11PM	MONDAY - FRIDAY		MON. - THURS.	11AM - 9PM	MONDAY - SUNDAY
FRIDAY	5AM - 9PM	8AM - 12PM	4:00PM - 8PM	FRIDAY	11AM - 6PM	5AM - 11PM
SATURDAY	9AM - 6PM	SATURDAY		SATURDAY	10AM - 6PM	Key Card Access
SUNDAY	12PM - 6PM	9AM - NOON		SUNDAY	1PM - 5PM	



PREMIER SPORTSPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am Zumba Strong	5:15am Barre	5:15am Kickboxing	5:15am Weight Circuit	5:15am Cardio Circuit		
8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength	8:30am Silver Strength		9:00am * Inferno Abs	
	8:30am Silver <i>Stretch</i>	8:30am Silver <i>Stretch</i>		8:30am Silver <i>Stretch</i>	11:00am Yoga	* 30 min class
9:30am Silver Sneakers® <i>Classic</i>		9:30am Silver Sneakers® <i>Circuit</i>		9:30am Silver Sneakers® <i>Yoga</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>		
5:30pm PowerPump	5:30pm Circuit Training *	5:30pm Tabata *	5:30pm Kickboxing		Yoga Workshop 1st Saturday of every month 9:30am in the Yoga Studio Relax your body and reduce your stress.	
6:30pm Zumba® *	6:00pm Cardio Barre *	6:00pm Pilates *				
7:00pm POUND *	6:30pm Yoga	6:30pm Inferno Abs/H.I.I.T.	6:30pm Yoga			

SHOXX BASKETBALL LEAGUE	PREMIER WINTER LEAGUE	ADULT WINTER LEAGUE	CONTACT INFO:
1 st -8 th Grade Boys and Girls Draft league for individual signups March 21 st - May 22 nd \$145 per player	1 st - 8 th Grade Teams Only 8 games plus a tournament Deadline Jan. 19 th \$725 per team	NBA, NCAA, COED, WOMEN'S Teams Only 8 game season Deadline Jan. 3 rd \$600 per team	806-771-4263 - Phone www.PremierSportsplex.com manager@premierlubbock.com

<p><u>CARDIO-VASCULAR</u></p> <p>Step & Multi Step This is the workout that revolutionized fitness. Total body benefits beyond cardio (just ask your muscles the next day!)</p> <p>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!</p>	<p><u>CARDIO-VASCULAR</u></p> <p>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.</p> <p><u>WEIGHT TRAINING</u></p> <p>Power Pump Change happens in this group weight lifting class. Great music, great exercises, and a total body workout for awesome results.</p> <p>Circuit Stations Targets strength building and muscular endurance. Stations are designed to target one area and exercise over a 1 ½ minute intervals.</p>	<p><u>MUSCLE & BODY TONING</u></p> <p>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.</p> <p>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.</p> <p>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.</p> <p>POUND 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><u>SENIOR ADULT CLASSES</u></p> <p>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.</p> <p>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.</p> <p>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</p>	<p><u>FITNESS ON DEMAND</u></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><u>RESERVING YOUR SPOT IN CLASSES</u></p>  <ul style="list-style-type: none"> -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! <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>
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