



...The game is on




# Group X Schedule

<b>SPORTSPLEX HOURS</b> MONDAY - THURSDAY 5AM - 11PM FRIDAY 5AM - 9PM SATURDAY 9AM - 6PM SUNDAY 12PM - 6PM	<b>PLAYROOM HOURS</b> MONDAY - FRIDAY 8AM - 12PM 4:00PM - 8PM SATURDAY 9AM - NOON	<b>PREMIER POOL HOURS</b> 7 Days a Week 1PM - 6PM May 27 <sup>th</sup> - August 11 <sup>th</sup>	<b>PREMIER WEST HOURS</b> MONDAY - SUNDAY 5AM - 11PM Key Card Access
--	---	---	---



## PREMIER SPORTSPLEX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am Barre	5:15am Weights	5:15am Kickboxing	5:15am Weights	5:15am H.I.I.T.		
8:30am Silver Strength						
	8:30am Silver Stretch - Women's	8:30am Silver Stretch	8:30am Silver Stretch - Women's	8:30am Silver Stretch	9:00am Core Barre *	* 30 min class
9:30am Silver Sneakers® Classic		9:30am Silver Sneakers® Circuit		9:30am Silver Sneakers® Yoga	9:30am Multi Step	
10:30am Silver&Fit® Excel	10:30am Silver&Fit® Excel	10:30am Silver&Fit® Excel		10:30am Silver&Fit® Excel	10:30am Yoga	
1:00pm Lose it at Lunch - Tabata				1:00pm Lose it at Lunch - H.I.I.T.	<b>JOIN TODAY</b> 	
5:30pm PowerPump	5:30pm Circuit Training *		5:30pm Kickboxing			
	6:00pm Cardio Barre *					

<b>PREMIER BASKETBALL LEAGUES</b> Boys and Girls 1 <sup>st</sup> -8 <sup>th</sup> Grade 6 games plus a tournament Teams - Youth League	<b>SILVER SNEAKERS</b> Your membership could be covered by your supplemental insurance company. Ask the front desk for info on how you can find out.	<b>AFTER SCHOOL SPORTS MANIA</b> Pre-K - 5 <sup>th</sup> Grade Snacks provided Honey Elementary Pickup Only Sports, Sports and more Sports	<b>CONTACT INFO:</b> 806-771-4263 - Phone <a href="http://www.PremierSportsplex.com">www.PremierSportsplex.com</a> <a href="mailto:manager@premierlubbock.com">manager@premierlubbock.com</a>
--	---	--	--

**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**

**Kickboxing**

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**

**Pilates**

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.

**YOGA**

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.

**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

**FITNESS ON DEMAND AT PREMIER WEST FITNESS**

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

