

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Premier Studio One – Monday, January 25th to Sunday, June 27th						
6am Group Power Jodi Braun	8:30am Body Conditioning Mary Ellen Montera	6am Group Power Jodi Braun	8:30am Body Conditioning Lisa Jankun	8:30am Body Conditioning Denea Levy	7:30am Retro-Robics Judy Sippel	8am Step Sue Solar
8am Bosu Conditioning Ronny Helstein	9:30am Zumba™ Jen Semon	8:30am Power Sculpt Ronny Helstein	9:30am Cardio Kick Box Corey Davis	9:30am Bosu Conditioning Lisa Jankun	8:30am Group Power Jodi Braun	8:45am Lift, Leap, Lunge Angelica McQuade
9am Cardio Kick Box Corey Davis	10:30am Cardio Interval Denea Levy	9:15am Dance Step Lorna DeVeaux	10:30am Group Power Jodi Braun	10:30am Zumba Lorna DeVeaux	9:30am Advanced Step Lorna DeVeaux	9:30am Total Body Conditioning Angelica McQuade
10am Zumba™ Gold Sue Theise	4pm Sculptalates Diane Finkelday	10am Skinny Jeans Workout Lorna DeVeaux	4pm Body Conditioning Dave Hubbard	4:30pm Group Power Siobhan O'Shea	10:30am Body Conditioning Dave Hubbard	10:30am Cardio Box Plus Andre DeVeaux
11am Body Bar & Stability Sue Theise	5pm Zumba™ Lorna DeVeaux	10:30am Lo Impact Sculpt Dave Hubbard	5pm Zumba™ Caliente Lorna DeVeaux		11:30am Attack Proof Masterclass	
4pm Lo Impact Sculpt Dave Hubbard	6pm Ripped! Lorna	4:30pm Group Power Siobhan O'Shea	6pm Group Power Jodi Braun			
5pm Pilates Mat Siobhan O'Shea	7pm Hip Hop Jen Semon	5:30pm Retro-Robics Judy Sippel	7pm Cardio Strength Christen Cevoli			
6pm Power Sculpt Ronny Helstein	8pm Group Power Christen Cevoli	6pm NEW Jump Rope Barbara Van Tine				
7pm Zumba Kaitlyn Russo		7pm Cardio Box Andre DeVeaux				
Spin Studio						
5:30am Joe Heim	6am Larry Decker	8:30am Diana Rohan	6am Joe Heim	6am Liz Olsen		
8:15am Sandy Ballardini	9:45am Mary Ellen Montera	9:30am Sandy Ballardini	9:00am Mary Ellen Montera	8:15am Marie Ezell	8:30am Johnny K	8:30am Diana Rohan
9:30am Angelica McQuade	5pm Diane Finkelday	5pm Barbara Van Tine	10am Biathlon	9:30am Sandy Ballardini	10am Janine / Larry	9:30am Tracy G.
5pm Marie Ezell	6pm Larry Decker	6:15pm Johnny K	6pm Barbara Van Tine	6:15pm Mary Lang		
6pm Joe H.		7:30pm Janine Carrillo				
7:15pm Susan Kalage						
Premier Studio Two						
9am Pilates Mat Mandy / Jennifer	8:30am Yoga Celia Coronel	9:00am Gentle Yoga Jennifer CeCe	9am Basic Pilates Dana Davidson	9am Pilates Mat / Rings Dana Davidson	9:30am Yoga Carol L.	9:00am Yoga Carol Lewis
10am VinyasaYoga Bridget Rawls	9:30am Pilates Boot Camp Lorna DeVeaux	10am Pilates Mat Dana Davidson	10:30am Power Yoga Mandy Grant	10am Internal Strength Training Demyan Khronlenko	10:30am Attack Proof John Perkins	10:30am Pilates Mat Vicki Huber
7:15pm Heavy Bag Training Andre DeVeaux	6pm Ashtanga Flow Yoga Bridget Rawls	4pm Yogalates Diane Finkelday	6:00pm Vinyasa Yoga Bridget Rawls	5:30ppm Yoga Carol Lewis	12pm Pilates Mat Jennifer CeCe	
	7pm Attack Proof John Perkins	7pm Yoga Carol Lewis	7:00pm Attack Proof John Perkins	7pm Heavy Bag Training Andre DeVeaux		
	6pm Ashtanga Flow Yoga Bridget Rawls					
Solutions Studio						
9:30am Mike T.	10am Jodi Braun	9:30am Dave Hubbard	9:30am Lisa Jankun	9:30am Jodi Braun	9:30am Mike Desimone	9:30am Ronny Helstein
10am Ab Clinic Mike T.	10am Jodi Braun	10am Ab Clinic Jodi Braun		10am Ab Clinic Jodi B.		
6pm Mike D		6pm Solutions	Online Sign up is necessary for all Spin, Body Conditioning and Solutions classes. Unless specified, all group fitness classes are 55 minutes and all cycle classes are 45 minutes. How do I sign up for class? Go to www.premierfitnessny.com and click on the class that you like to take. Enter your name, number and click on "sign up".			
		6:30pm AB Clinic				
Premier SGT (small group training) Schedule –\$59 per month / per program						
5:30am Aggressive Strength Training	8:30am Kettle Bell	9:30am Brian's Boot Camp	9:30am Body Blast Basics	9:30am Brian's Boot Camp	8:30am TRX®	
9:30am Brian's Boot Camp	10:35am TRX® Advanced	10:35am TRX® Fusion	10am Kettle Bell		8:30am Kettle Bell	
10:35am TRX® Body Blast	6:05pm TRX® Body Blast	6pm TRX® Body Blast	6:05pm TRX® Circuit	Club Hours: Mon – Fri: 4:30am to 11pm Sat: 7am to 7pm		Kids Korner: Mornings: 8am to 1:30pm Evenings: 4pm to 8pm Sun: 7am to 5pm
6pm Brian's Boot Camp		6pm Brian's Boot Camp				



Cardio

Hi / Lo Aerobics

Hi Intensity traditional aerobics. If you love to do grapevines, jumping jacks and knee lifts, this is for you. Come and experience a new kind of fun – Intermediate / Advanced

Advanced Step

Just when you think you have mastered the art of stepping, this class uses dance moves, syncopated beats and crazy variations that will have you screaming for more. Intermediate / Advanced

Spin

Indoor cycling phenomenon will take you through different hill climbs, speed drills and various other drills on the bike for a major workout.

Remember, everyone can do this class!!!! Sign up required. All Levels

Sunrise Spin

Rise and shine, come and wake up with the birds in this early indoor cycle. All Levels

Lo Impact Sculpt (75 minutes)

45 minutes of Lo Impact aerobics combined with 30 minutes of sculpting to give you the perfect workout. All Levels.

Boxing / Kick Boxing

Cardio Box

Based on mainly shadow boxing combinations and jump rope for a perfect full body workout. We've added an extra 15 minutes so various contact drills can be incorporated in the class. All levels

Cardio Box Plus (75 minutes)

The same as the Cardio Box class but with added benefits. Be prepared to do mitts at the end of class.

Cardio Kick Boxing

Using various kicks and punches, you will work up a sweat like you never thought possible. All Levels

Heavy Bag Class

Taught by and Aerobox™ certified instructor, this class will teach you the correct way to hit the heavy bag, speed bag and double ended bags, oh, and you will get an incredible workout doing it. All Levels

Mind & Body

Power Yoga

Follows a lot of the traditional yoga poses plus more. All Levels

Yoga

This centuries old practice of physical and mental exercises for the purpose of attaining inner peace and outer strength. All Levels

Ashtanga Flow Yoga

This method of yoga involves synchronizing breath with progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies organs and muscles. The result is improved circulation, a light and strong body and a calm mind.

Pilates Mat Method

Bases on the Joseph Pilates methodology, our certified instructor will teach you strength, flexibility and core body exercises. All Levels

Pilates Boot Camp

A more advanced version of the Pilates mat class, combined with strength training exercises. You should only attempt this class if you have been taking Pilates for more than a year. Intermediate / Advanced

Pilates Basics

This class teaches you the basic of Pilates Mat Method, if you are a first timer, if have a lot of joint or back issues, this is the class for you. Beginners

Dance

Cardio Dance

Aerobics has taken a step into the future. Grapevines mixed with Cha Cha's and other moves you never thought you could do. All Levels

Hip Hop

No previous dance experience necessary to join this high energy dance class. Hip hop consists of individualized dance steps put together to create quick dance combinations set to the latest music. All Levels

Zumba

Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This latin-based group exercise class is fun and easy to do. No dance experience required

Conditioning

Group Power

Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

Ab Clinic – 15 minutes

abdominal and lower back exercises. All Levels

Body Conditioning / Power Sculpt

Full body conditioning using weights, body bars and Xertubes. All Levels

Body Bar Blast

Using the body bar & stability balls, our instructor will give you an intense workout from head to toe. All Levels

Solutions Express

If you have a short amount of time to workout, but want to be able to work your whole body, come to this ten station circuit class. We will get you in and out in 30 minutes. All Levels

Solutions RAW

Solutions class taken to another level. As well as our ten stations, additional drills are added to the 30 minute workout. Advanced

Bosu Conditioning

Body Conditioning taken to a new level with the use of the Bosu Board™, weights, Xertubes and medicine balls. All Levels

RIPPED!

A very advanced cardio and strength training class. A combination of plyometrics, high intensity strength movements and explosive fat burning exercises. Intermediate / advanced..

Cardio Conditioning

This body conditioning class adds plyometrics and other cardio exercises to give you a complete workout.

Miscellaneous

Attack Proof - Basic and Masterclass

Teaching self defense for close combat situations. All Levels

TRX®

The TRX Suspension Trainer allows you to perform hundreds of functional exercises that build strength, flexibility, core stability and endurance. It harnesses your own bodyweight to create resistance as you workout and allows you to adjust the degree of difficulty, regardless of your fitness level, age or fitness goals. ** Paid Program

Boot Camp

Get into shape with "Brian's Boot Camp" workout. Blast your metabolism with this awesome fitness class that uses both cardio and strength training moves to get your heart pumping and your muscles working.

Are you ready for the ultimate body!?! **Paid Program

KettleBells

Originally from Russia, Kettlebells are fast becoming one of the most requested workouts in gyms around the country. The program consists of core training, strength training & flexibility work. It will burn fat, increase range of motion, improve conditioning and stamina and help achieve just about any fitness goal. Kettle Bells is definitely one of the most exciting, fun and results producing ways to exercise. **Paid Program

