

Phase Two Group Fitness Schedule

For more information on class format, please refer to the class descriptions provided on each page.
Instructors are subject to change without notice. Reservations are required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Rhythm Ride 5:30 – 6:15a Beth		Rhythm Ride 5:30 – 6:15a Beth		
	Fit for Life 7:30 – 8:20a Gina	Step Revolution 7:30 – 8:20a Kimberly	Fit for Life 7:30 – 8:20a Gina	Step Revolution 7:30 – 8:20a Kimberly	Fit for Life 7:30 – 8:20a Gina	Rhythm Ride 7:30 – 8:15a Merisha
	Step Fusion 9:30 – 10:20a Michelle M	Muscle Up 9:30 – 10:20a Beth	Rhythm Ride 9:30 – 10:15a Beth	Muscle Up 9:30 – 10:20a Beth	HIIT Threat 9:30 – 10:20a Ali	HIIT Threat 9:30 – 10:20a Emeka / Logan / Ali
Fusion Flow 10:30 – 11:20a Kimberly	Muscle Up 11:30a – 12:20p Krista	Barrelates 11:30 – 12:20p Cathrie	Muscle Up 11:30a – 12:20p Ali	Barrelates 11:30 – 12:20p Cathrie	Zumba 11:30 – 12:20p Fred	Muscle Up 11:30 – 12:20p Kimberly
	Vinyasa Flow 1:30 – 2:20p Ferdouse	Rhythm Ride 1:30 – 2:15p Ali		Rhythm Ride 1:30 – 2:15p Ali	Vinyasa Flow 1:30 – 2:20p Juliana	Ashtanga Yoga 1:30 – 2:20p Ferdouse
	Cardio Barre 3:30 – 4:20p Becky		Cardio Barre 3:30 – 4:20p Becky	INSANITY 3:30 – 4:20p Lauren		
	HIIT Threat 5:30 – 6:20p Emeka	Barre 5:30 – 6:20p Jen H	HIIT Threat 5:30 – 6:20p Logan	Barre 5:30 – 6:20p Jen H	Rhythm Ride 5:30 – 6:20p Logan	
	Zumba 7:30 – 8:20p Fred	Rhythm Ride 7:30 – 8:15p Michele F	Zumba 7:30 – 8:20p Randy			

Conference Room Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Flex 7:30 – 8:15a Beth	Core Power 7:30 – 8:00a Beth		Core Power 7:30 – 8:00a Beth	Flex 7:30 – 8:15a Beth	
	Pure Pilates 9:30 – 10:20a Becky		Pure Pilates 9:30 – 10:20a Becky		Vinyasa Flow 9:30 – 10:20a Emily	Pure Pilates 9:30 – 10:20a Joyce
		Flex 11:30 – 12:15p Reagan		Flex 11:30 – 12:15p Robin	Pure Pilates 11:30 – 12:20p Cathrie	
	Pure Pilates 3:30 – 4:20p Christine N		Pure Pilates 3:30 – 4:20p Christine N			
	Vinyasa Flow 5:30 – 6:20p Ansley	Pure Pilates 5:30 – 6:20p Joyce	Vinyasa Flow 5:30 – 6:20p Emily	Pure Pilates 5:30 – 6:20p Joyce		

Classes will be offered with limited capacity. Reservations are required for ALL class offerings. Visit premierTLH.com to learn more about making your reservation.

- Look for reservation floor indicators in your class, placed 8 feet apart to help practice social distancing
- Classes will be spaced apart to allow for sanitation and proper set up
- Members are required to bring their own yoga mats and mats



Aqua Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Rhythm 7:00– 7:45a Peggy	<i>TMH WATER THERAPY</i> 7:00 – 8:45a	Aqua Rhythm 7:00– 7:45a Peggy	<i>TMH WATER THERAPY</i> 7:00 – 8:45a	Aqua Rhythm 7:00– 7:45a Peggy	Aqua Flow 8:00 – 8:45a Joyce
	Aqua HIIT 8:00 – 8:45a Reagan	Aqua Flow 9:00 – 9:45a Joyce	Aqua HIIT 8:00 – 8:45a Reagan	Aqua Flow 9:00 – 9:45a Joyce	Aqua HIIT 8:00 – 8:45a Reagan	Aqua HIIT 9:00 – 9:45a Christine S
	Aqua HIIT 9:00 – 9:45a Reagan	Aqua HIIT 10:00 – 10:45a Joyce	Aqua HIIT 9:00 – 9:45a Reagan	Aqua HIIT 10:00 – 10:45a Joyce	Aqua HIIT 9:00 – 9:45a Reagan	
Aqua Rhythm 10:00 – 10:45a Joyce	Aqua Flow 10:00 – 10:45a Joyce	Aqua HIIT 11:00 – 11:45a Joyce	Aqua Flow 10:00 – 10:45a Joyce	Aqua HIIT 11:00 – 11:45a Reagan	Aqua Flow 10:00 – 10:45a Amanda	
Aqua HIIT 4:00 – 4:45p Christine S	<i>TMH WATER THERAPY</i> 3:00 – 4:45p		<i>TMH WATER THERAPY</i> 3:00 – 4:45p			
	Aqua HIIT 6:00 – 6:45p Michele		Aqua HIIT 6:00 – 6:45p Michele			

Group Fitness Class Descriptions

- **Ashtanga Yoga** participants are led through a sequence of progressive poses that link the movement with the breath. Not to be confused with Vinyasa Flow, Ashtanga Yoga follows a set sequence of poses that are practiced each class.
- **Aqua Flow** is the water version of our Mind/Body offerings. Aqua Flow fuses the practices of yoga and Pilates into one core focused class.
- **Aqua HIIT** combines bursts of high energy movements with varying rest periods. Utilizing the water dumbbells and pool noodles, this naturally low-impact class with challenge your stamina and strength
- **Aqua Rhythm** comfortably tones and strengthens muscles while developing coordination, improving flexibility, and building cardiovascular stamina.
- **Barre** – Barre’s Isolated, low-impact movements help target those problem areas like your core, legs and glutes! The tempo is fast so get ready to burn some calories and sweat!
- **Barrelates** – unifies the practice of Barre with the practice of Pilates. This high intensity, low impact class will tone your body, improve your posture, and increase flexibility!
- **Cardio Barre** - Empower your body and mind in this traditional approach to Barre fitness. Low impact movements combined with high repetitions will energize your entire body, creating long, lean and powerful muscles. Dance experience is not required.
- **Fit for Life** helps participants complete their activities of daily living by training the body to move in all directions, improve balance, and increase strength and flexibility. A great option for active agers and those new to exercise.
- **Flex** reminds participants that it’s important to slow down and give your body a little TLC. Flex class helps improve your range of motion through guided stretching and breathing techniques.
- **Fusion Flow** unifies the practice of yoga with the practice of Pilates for a dynamic class to compliment any routine! Fusion Flow’s unique format is great for active recovery, injury prevention, or for increasing overall strength and flexibility.
- **HIIT Threat** When functional training meets High Intensity Interval Training, you’ve got HIIT Threat! Challenge your mind and body as our energetic coaches push you to find new levels of strength, cardio and conditioning!
- **INSANITY** pushes participants to new training heights, resulting in more calories burned!
- **Muscle Up** is a weight training class that will work every muscle in your body! Think 50 minutes of pure strength training. Modifications are offered to accommodate all fitness levels so grab those weights and muscle up!
- **Pure Pilates** is the floor work version of the Pilates Method. Pure Pilates allows you to work the deepest layers of core muscles, which help to stabilize and support your spine and pelvis – improving posture, balancing muscle imbalances and increasing overall core strength.
- **Rhythm Ride** – When words fail, music speaks! Let the music be your guide in Rhythm Ride. A 45-minute high intensity interval-based class that fuses indoor cycling with weights – pushing your limits and leaving you wanting more. More resistance! More sweat! More life!
- **Step Fusion** - jab, jab, punch, kick! This high energy cardio class is guaranteed to burn calories and leave you sweating! A great challenge for the conditioned athlete and those new to exercise.
- **Step Revolution** - Shake up your cardio routine with this musically charged format! Great for all fitness levels, Step Revolution is a cardio classic that’s more fun than work!
- **Vinyasa Flow** mindfully integrates movement with breath. Not to be confused with Power Yoga, Vinyasa Flow allows participants to explore new movements and balances, providing modifications for all.
- **Zumba** - Zumba is an energizing and internationally recognized aerobic workout that combines fast and slow rhythms, much like other interval- based class.