



Get Fit.

FITNESS PREMIER | 2024 CLASSES

Group Exercise At It's Best: Featuring top tier fitness instructors teaching innovative classes designed to transform how you move, recover, and perform. Join a welcoming fitness community unlike any other and get stronger together.

CLASS SCHEDULE:

HIIT | TUESDAY | 7-7:45 AM

Rotate through various stations for high intensity interval training to achieve optimal conditioning by burning calories in a short amount of time and keep burning calories hours after the workout.

Benefits of HIIT: Burn Fat, Build Muscle, Stress Relief, Heart Healthy & Strengthen Bones.

SPIN | TUESDAY, WEDNESDAY, THURSDAY 8:00 AM - 9:00 AM | SATURDAY 8:30 AM - 9:30 AM

High-Intensity Cardio Workout: Participants engage in a cycling session that combines fast-paced pedaling with varying resistance levels to elevate heart rates, burn calories, and improve cardiovascular endurance.

Motivational Environment: The class features energetic music and enthusiastic coaching, creating an immersive atmosphere that encourages riders to push their limits and stay motivated throughout the hour.

CORE FIT | THURSDAY | 7AM - 7:45AM

Core Workout: Participants perform a variety of exercises targeting the abdominal muscles, obliques, and lower back, using bodyweight movements, stability balls, and resistance bands to build core strength and stability.

Efficient and Effective: The class is designed to maximize results in a short time, providing a challenging and focused workout that enhances core endurance and supports overall fitness in just 30 minutes.

YOGA | MONDAY & FRIDAY 8:00 AM - 9:00 AM | THURSDAY 5:30 PM - 6:30 PM

Mind-Body Connection: Participants engage in a series of poses and stretches designed to enhance flexibility, strength, and balance, while focusing on mindful breathing to promote relaxation and mental clarity.

Calming Atmosphere: The class takes place in a serene environment with soothing music and gentle guidance from the instructor, fostering a sense of tranquility and inner peace throughout the hour.

FITNESS PREMIER GROUP FITNESS CLASS SCHEDULE

\$99 A MONTH FOR UNLIMITED CLASSES!

For More Information - Contact Andrew Gaynor at
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