

THE PREMIER CLASS SCHEDULE

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PREMIER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45AM FUNCTIONAL TRX <i>GYMNASIUM</i>	5:45 AM CORE CONDITIONING TORQUE <i>GROUP TRAINING STUDIO</i>	5:45 AM TRX <i>GYMNASIUM</i>	5:45 AM <i>NEW!</i> RUMBLE <i>GROUP TRAINING STUDIO</i>	5:45 AM <i>NEW!</i> TRX STRENGTH <i>GYMNASIUM</i>
6:45 AM PILATES <i>PILATES STUDIO</i>	8:30 AM COMBAT TRAINING TORQUE <i>GROUP TRAINING STUDIO</i>	8:30 AM CLASSIC PILATES <i>PILATES STUDIO</i>	8:30 AM TORQUE <i>GROUP TRAINING STUDIO</i>	8:00 AM ATHLETIC PILATES <i>PILATES STUDIO</i>
8:00 AM PILATES <i>PILATES STUDIO</i>	12:00 PM <i>NEW!</i> TRX GRIND <i>GROUP TRAINING STUDIO</i>	8:30 AM H.E.A.T. <i>GYMNASIUM</i>	12:00 PM FUNCTIONAL TRX <i>GROUP TRAINING STUDIO</i>	9:00 AM ALPHA TRAINING TORQUE <i>GROUP TRAINING STUDIO</i>
8:30 AM TRX <i>GYMNASIUM</i>	4:30 PM TORQUE <i>GROUP TRAINING STUDIO</i>	12:00 PM PILATES <i>PILATES STUDIO</i>	4:30 PM TORQUE <i>GROUP TRAINING STUDIO</i>	
12:00 PM TORQUE <i>GROUP TRAINING STUDIO</i>	5:30 PM PILATES <i>PILATES STUDIO</i>	4:30 PM TORQUE <i>GROUP TRAINING STUDIO</i>		
4:30 PM TORQUE CYCLE <i>GROUP TRAINING STUDIO</i>				



PREMIER

PREMIER CLASS DESCRIPTIONS



WILTON P. HEBERT HEALTH &
WELLNESS CENTER



Alpha Training Torque Built around full-body primal movements, this hardcore workout drives strength gains and develops skills in a heavy-hitting environment. *Group Training Studio*

Athletic Pilates Enhance strength and coordination with focus on developing a specific pose or principle each month. *Pilates Studio*

Classic Pilates Practice the classical exercises in a series designed to make you feel long and lean. ** Limited to 3 per class * Pilates Studio*

Combat Training Torque Hit the whole body with boxing and martial arts movements for explosiveness, strength, and self-confidence
Group Training Studio

Core Conditioning Torque Plyometric drills mixed with intervals of strength, power, and resistance focused on core strength *Group Training Studio*

Functional TRX Incorporate bells, balls, bands, battle ropes, and more into your traditional TRX workout *Group Training Studio*

H.E.A.T. (High Energy Advanced Training) Combine high intensity interval training with muscle conditioning. *Gym*

Pilates Improve strength, coordination, flexibility, balance and core stability through flow, precision and total body integration *Pilates Studio*

Rumble Focus on using a variety of equipment to incorporate old school strength training in new ways so that you can build strength, add lean muscle, and trim body fat *Group Training Studio*

Torque Use innovative tools to develop strength, power, and cardiovascular fitness through a variety of drills and circuits *Group Training Studio*

Torque Cycle Boost your calorie burn by adding in intervals on the bike *Group Training Studio*

TRX A scalable, fast, fun, and effective total-body suspension workout *Gym*

TRX Grind Bodyweight-based exercise with elements of instability paired with explosive movements, this high energy workout will demand core strength and endurance as you blast through fat and glycogen for maximum impact. *Group Training Studio*

TRX Strength Power through multiple sets of high tension loads in this time-based workout that features intermediate to advanced strength exercises
Gym