

Premier Fitness

Middletown July Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW CLASS 6:30 -7:30 Marks' Incredible Boot Camp with Mark	NEW CLASS 6:30 -7:30 Marks' Incredible Boot Camp with Mark	NEW CLASS 6:30 -7:30 Marks' Incredible Boot Camp with Mark	NEW CLASS 6:30 -7:30 Marks' Incredible Boot Camp with Mark	NEW CLASS 6:30 -7:30 Marks' Incredible Boot Camp with Mark		
9:00 -10:00 AM BAER Basic Training upper with Miranda	9:00 -10:00 AM Spinning with Heather	9:00 -10:00 AM Abs & Nutrition with Charles	9:00 -10:00 AM Spinning with Heather	9:00 -10:00 AM BAER Basic Training lower with Miranda		
10:00 -11:00 AM Zumba Toning & Hip Hop with Kerry	10:00 -11:00 AM Yoga with Jeanne	10:00 -11:00 AM Yoga with Jeanne	NEW CLASS 10:00 -11:00 AM Zumba with Rachel	10:00 -11:00 AM Zumba Toning & Hip Hop with Kerry	9:30-10:30 AM Holly's Pot Luck Boot Camp with Holly & Chris	
	11:00AM-12:00PM Circuit Plus with Vickie	11:00AM- 12:00PM Zumba with Kellie			10:30-11:30PM Zumba with Kellie	

Evening Classes

5:30 - 6:30 PM Spinning with Heather	5:30 - 6:30 PM Zumba Hip Hop with Kerry	5:30 - 6:30 PM Spinning with Heather	5:30 - 6:30 PM Zumba with Melody	NEW INSTRUCTOR 5:30 - 6:30 PM Zumba with Kellie	<p>Hours: 24 hours Mon thru Fri Mon - opening at 5AM Fri - closing at 10PM Sat - 9AM - 6PM, Sun - 9AM - 6PM Daycare Hours: Mon - Fri 9AM - 12PM & 4PM - 9PM Sat - 9AM - 4PM Sun - no daycare</p>
6:30 - 7:30 PM Beginners Step with Vickie	6:30 - 7:30 PM Beach Body Blast with Miranda	6:30 - 7:30 PM Steppin-up-2 with Vickie	6:30 - 7:30 PM Beach Body Blast with Miranda	6:30 - 7:30 PM Candle Light Yoga with Jeanne	
7:30 - 8:30 PM Zumba with Melody	7:30 - 8:30 PM Zumba with Melody	7:30 - 8:30 PM Yoga with Jeanne	7:30 - 8:30 PM Zumba with Rachel	If there are classes you would like to see, please let Charles, 937-238-4503, or any instructor know.	
					413 S. Breiel Blvd Middletown, Ohio 513-424-0000
					www.premier-ladies-fitness.com