

Premier Fitness

Dayton Mall September Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 AM Spinning with Heather		8:00-9:00 AM Spinning with Heather				
9:00-10:00 AM Zumba with Rachel	9:30 - 10:30 AM Functional Strength Lower / with Charles	9:00-10:00 AM Zumba with Nicole	9:30 - 10:30 AM Functional Strength Upper / with Charles	9:00-10:00 AM Zumba with Rachel	9:30 - 10:00 AM Step 2 B Fit with Marty	
10:00-11:00 PM Butt Blaster with Kelly	10:30-11:30 AM G's Fit Yoga with Kimberley G	10:00-11:00AM PiYo with Renee	10:30-11:30 AM G's Fit Yoga with Kimberley G	10:00-11:00 PM Butt Blaster with Kelly	10:00 - 10:30 AM Body Pump 10:30 - 10:45 AM Ab Attack with Marty	
					10:45-11:15 AM Zumba Toning with Veronica	
12:00 - 1:00 PM Zumba PLUS with Nicole	NEW TIME 11:30 - 12:30 PM Beach Body Blast with Miranda	12:00 - 1:00 PM Zumba PLUS with Nicole	NEW TIME 11:30 - 12:30 PM Beach Body Blast with Miranda		11:15-12:00PM Zumba with Veronica	
Evening Classes						
5:30 - 6:30 PM G's Fit Yoga Yoga with KimberleyG	5:30 - 6:30 PM Functional Strength Lower / with Charles	5:30 - 6:30 PM Zumba Hip Hop with Kerry	5:30 - 6:30 PM Functional Strength Upper / with Charles	5:30 - 6:30 PM Zumba with Veronica	Hours: 24 hours Mon thru Fri Mon - opening at 5AM Fri - closing at 10PM Sat - 9AM - 6PM, Sun - 9AM - 6PM Daycare Hours: Mon - Thur 9AM - 9PM Fri - 9AM - 4PM Sat - 9AM - 4PM Sun - no daycare 8957 Kinsridge Dr Centerville, Ohio 937-435-3555 www.premier-ladies- fitness.com	
6:30 - 7:30 PM Women with Balls with Robbin	6:30 - 7:00 PM Cardio Blast 7:00 - 7:30 PM Body Pump 7:30 - 7:45 PM Ab Attack with Marty	6:30 - 7:30 PM G's Fit Yoga Yoga with KimberleyG	6:30 - 7:00 PM Cardio Blast 7:00 - 7:30 PM Body Pump 7:30 - 7:45 PM Ab Attack with Marty	If there are classes you would like to see, please let Charles, 937- 238-4503, or any instructor know.		
7:30 - 8:30 PM Zumba with Veronica	7:45 - 8:45 PM Zumba with Veronica	7:30 - 8:30PM Zumba with April	7:45 - 8:45 PM Zumba with Veronica			