

Premier Fitness

Englewood September Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 - 7:00 AM Spinning with Mary					
	8:25 - 9:00 AM Quick Spinning with Donna		8:25 - 9:00 AM Quick Spinning with Dawn			
9:00-10:00 AM Hi/Low Resist-A-Ball with Donna	9:00-9:45 AM Step with Donna	9:00-10:00 AM Kick & Pump with Donna	9:00-9:45 AM Step with Dawn	9:00-10:00 AM BootCamp with Dawn	9:00-10:00 AM Spinning with Heather	
10:00-10:30 AM Body Pump with Donna	9:45-10:30 AM Pilates Mat with Donna	10:00 - 10:30 AM PowerYoga with Donna	9:45 - 10:30 AM Body Pump with Dawn	POOL 9:30 -10:30 AM Aqua with Gail	10:00-11:00 AM Zumba with Amanda	NEW CLASS 10:00-11:00 AM Step with Donna & Vicki
10:40-11:10 AM Quick Fix Yoga with Donna	POOL 9:30-10:30 AM Aqua Fitness with Verne	10:40-11:40 AM Zumba with Chaie	POOL 9:30-10:30 AM Aqua Fitness with Verne	10:00-11:00 AM Spinning with Mary	POOL 10:30-11:30 AM Aqua Fitness with Verne	NEW CLASS 11:00-12:00 AM Zumba with Marie
	10:30 -11:30 AM Line Dance with Ted					
Evening Classes						
5:30 - 6:30 PM BootCamp with Dawn	5:30 - 6:30 PM Step with Nalisa	5:00 - 5:30 PM Tone & Stretch 5:30 - 6:30 PM Cardio Strength with Dawn	NEW CLASS 5:30 - 6:30 PM Yoga with Velvet	5:30 - 6:30 PM Line Dance with Ted	Hours: 24 hours Mon thru Fri Mon - opening at 5AM Fri - closing at 10PM Sat - 8AM - 6PM, Sun - 8AM - 6PM Daycare Hours: Mon - Fri 9AM - 1PM & 4PM - 9PM Sat - 9AM - 1PM Sun - no daycare 8423 N. Main St. Dayton, Ohio 937-898-5200 www.premier-ladies- fitness.com	
6:30 -7:00 PM Pilates Mat with Dawn	POOL 6:00 - 7:00 PM Aqua with Gail	6:30 - 7:30 PM Pilates with Nalisa	POOL 6:00 - 7:00 PM Aqua with Gail	If there are classes you would like to see, please let Charles, 937- 238-4503, or any instructor know.		
7:00 - 8:30 PM Line Dance with Ted	6:30 - 7:30 PM Zumba with Amanda	7:30 - 8:30 PM Zumba with Jane	6:30 - 7:30 PM Zumba with Amanda			