

Premier Fitness

Middletown September Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Kerry		
10:00 -11:00 AM Zumba Toning & Hip Hop with Kerry & Amy	10:00 -11:00 AM Yoga with Jeanne	10:00 -11:00 AM Yoga with Jeanne	10:00 -11:00 AM Zumba Hip Hop with Amy	10:00 -11:00 AM Zumba Toning & Hip Hop with Kerry	9:30-10:30 AM Holly's Pot Luck Boot Camp with Holly	
	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 see note below	5:30 - 6:30 PM Spinning with Heather	5:30 - 6:30 PM Zumba with Melody	5:30 - 6:30 PM Zumba with Amy	<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 see note below	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 see note below	7:30 - 8:30 PM Yoga with Jeanne	7:30 - 8:30 PM Zumba with Rachel		

Two for Tuesday: Every fourth (4th) Tuesday of the month you will get 2 hours of Zumba...non-stop! It starts at 6:30PM and goes till 8:30PM. Beach Body Blast will start at 5:30PM on this Tuesday.

**BRING YOUR FAMILY AND FRIENDS...
 YOU DO NOT NEED TO BE A MEMBER TO
 ATTEND OUR SPECIAL
 TWO FOR TUESDAY ZUMBA!**

**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**