



**2010 Spring Into  
Fitness Event!**

**Bring Your Friends & Join Us!**

**This Saturday, April 17th!**

**8:00am-1:30pm**



**Group Exercise Demo Schedule:**

**8:00-8:25am** Yoga (studio) Signa

**8:00-8:25am** Bootcamp (outside) Veray

**8:30-8:55am** Zumba (studio) Hilary

**8:30-8:55** Intro to Spin (spin room)  
Jennie

**9:00-9:25am** Turbo Kick (studio) Hilary

**9:00-9:25am** Core Class (gym floor)  
Jennie

**9:30-9:55am** Hip Hop Cardio Funk  
(studio) Hilary

**10:00-10:25am** Bosu Strength (Rachel)



- FREE Classes Demonstrations!
- Refreshments & Snacks!
- Prizes & Giveaways!
- Discounts on Training & Memberships!
- Body Fat Testing!
- Chair Massages and Reflexology!
- FREE Childcare!
- Kids Crafts & Face Painting!

**NORTH LOCATION**

7028 Wood Hollow Dr.

Austin, TX 78731

512-418-9399

**Rain or Shine!**

[www.premiereladyfitness.com](http://www.premiereladyfitness.com)