

2023 SUMMER ATHLETE SCHEDULE (June 12th – Aug 12th)

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High School Speed & Strength Training (Ages 13-18)	10:30-11:30am 4:00-5:00pm	10:30-11:30am 4:00-5:00pm 6:20-7:20pm	10:30-11:30am 4:00-5:00pm	10:30-11:30am 4:00-5:00pm 6:20-7:20pm	10:30-11:30am	10:30-11:30am
Youth Speed & Strength Training (Ages 10-13)	10:30-11:30am 4:00-5:00pm 6:20-7:20pm	11:30a-12:30pm 4:00-5:00pm	10:30-11:30am 4:00-5:00pm 6:20-7:20pm	11:30a-12:30pm 4:00-5:00pm	10:30-11:30am	11:30a-12:30pm
Athlete Semi Private Training (ages 13-18)	9:15-10:15am 5:10-6:10pm	9:15-10:15am 5:10-6:10pm	9:15-10:15am 5:10-6:10pm	9:15-10:15am 5:10-6:10pm	9:15-10:15am	10:30-11:30am
Collegiate Training (for rising and current college athletes)		2:45-4:00pm		2:45-4:00pm	11:45a-1:00pm	
1 on 1 Personal Training (by appointment)						

Online Schedule also available on our homepage at www.premierfitnessoh.com, then click the Schedules tab

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