



FITNESS FRIDAYS

Presented by

FIRST

first financial bank

FREE CLASSES

EVERY FRIDAY IN
AUGUST & SEPTEMBER

AT:

PATRICK WOLTERMAN MEMORIAL PARK

(5923 HAMILTON AVE)

CLASSES ARE

**FIRST COME,
FIRST SERVE**

FOR MORE INFORMATION:



513-681-1551



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RKPT ROBBINS
KELLY
PATTERSON
TUCKER

COLLEGE HILL YOGA



CHCUNIVERSITY
family



YEP!
FITNESS
YOUR EXERCISE PLATFORM

College Hill Pilates & Physical
Therapy, LLC

D-HAS / Traditions
KMK Law

Marty's Hops and Vines
Schwartz Jewelers
Silk Road Textiles
State Farm Insurance
Bacalls

Camargo Insurance
ChoZen 4 U
Chung Ching
College Hill Presbyterian
Church
Excellent Results

Fern
G&Shirley's

Hartman & Ehrmentraut
Kiki
Larosa's Pizza College Hill
Lou's Barbershop
MashRoots

Melanie Jackson - Comey &
Shepard
Ohio Living Llanfair
Pennrose
PNC Bank
Red Rose Jems Pizzeria
Sashayed624
Shaker's

Sky's the Limit Learning
Center
Spotless Spaces Cleaning
Vicky Dunn, Comey and
Shepherd Realtors
Urban Fast Forward



AUGUST SCHEDULE

AUGUST 6TH

5:00 pm - 6:00 pm Cardio and Core with YEP! Fitness (*Bring: water, mat, and towel and wear proper workout shoes*)

6:00 pm - 6:30 pm Pilates with College Hill Pilates and Physical Therapy (*Bring: water, mat, and towel*)

AUGUST 20TH

5:00 pm - 6:00 pm Cardio and Core with YEP! Fitness

6:00 pm - 6:30 pm Family Yoga with College Hill Yoga (*Bring: water, mat, and towel*)

AUGUST 13TH

5:00 pm - 6:00 pm Line Dancing with YEP! Fitness

AUGUST 27TH

5:00 pm - 6:00 pm Cardio and Core with YEP! Fitness

SEPTEMBER SCHEDULE

SEPTEMBER 3RD

5:00 pm - 6:00 pm Cardio and Core with YEP! Fitness

SEPTEMBER 17TH

5:00 pm - 6:00 pm Cardio and Core with YEP! Fitness

6:00 pm - 6:30 pm Family Yoga with College Hill Yoga

SEPTEMBER 10TH

5:00 pm - 6:00 pm Line Dancing with YEP! Fitness

6:00 pm - 6:30 pm Pilates with College Hill Pilates and Physical Therapy

SEPTEMBER 24TH

5:00 pm - 6:00 pm Cardio and Core with YEP! Fitness