



Group Class Schedule

Fall/Winter 2011-2012

Class times, format and instructors are subject to change.
If you have any questions or concerns please contact:
Amanda Foland, Group Fitness Coordinator -595-9006

Club Hours

Mon-Thurs: 6:00AM-8:00PM Sat: 8:00AM-3:00PM
Fri: 6:00AM-7:00PM Sun: 9:00AM-2:00PM

www.push-fitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING AND AFTERNOON CLASSES						
					8:30-9:30AM TURBO KICK HOLLIE	
9:00-10:00AM CARDIO FIT KATHY	9:00-10:00AM ZUMBA CIRCUIT SUZANA	9:00-10:00AM BUTTS-N- GUTS/CORE KATHY	9:00-10:00AM CARDIO FIT AMANDA	9:00-10:00AM TURBO KICK HOLLIE	9:30-10:30AM ZUMBA COURTNEY	
❖ 10-11:00AM PUSH IT! BRANDY	11:00AM-12:00PM MAT PILATES SUSAN	10:00-11:00AM BALANCE/ STRENGTH **TBA**	11:00AM-12:00PM PILATES SUSAN	❖ 10:30-11:30AM PUSH IT! JASON	11:00-12:00PM FUSION YOGA/PILATES JANIE	
❖ 11-12:00PM PUSH IT! AMANDA						
						12:30-1:30PM MAT PILATES AMANDA/CHRIS
EVENING CLASSES						
2:00-3:00PM STEP AMANDA						
5:30-6:30PM YOGA HELENE	5:45-6:45PM BOOTCAMP HOLLIE	5:45-6:45PM TURBO KICK JACKIE	5:45-6:45PM YOGA AMY/JANIE	GROUP PERSONAL TRAINING PUSH IT! ❖ 6 weeks/\$150 ❖ 6 weeks/\$99 Sessions expire in 6 weeks – Use it or Lose it		
6:30-7:30PM TURBO KICK JACKIE	❖ 6:45-7:45PM PUSH IT! KELSEY	6:45-7:45PM **TBA**	6:45-7:45PM ZUMBA MELANIE			

TBA = To be announced; Considering class options and/or looking for instructor.