



Group Class Schedule -

SUMMER

June 21, 2010

**Class times, format and instructors are subject to change.
If you have any questions or concerns please contact:
Susan Frymier, 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						
✿ 6:00-7:00AM PUSH IT! LIZ	6:00-7:00AM YOGA LISA				**6 WK CAMP WELLNESS 8:00-9:00AM	
9:00-10:00AM CARDIO FIT KATHY	9:00-10:00AM CARDIO/BALANCE DIANE	9:00-10:00AM BUTTS-N-GUTS KATHY	9:00-10:00AM CARDIO FIT JESSICA	9:00-10:00AM BOOTCAMP /BALANCE DIANE	9:30-10:30AM ZUMBA JENNY	
	11:00AM-12:00PM MAT PILATES SUSAN	10:00-11:00AM TURBO KICK JULIE	✿ 10:00-11:00AM PUSH IT! KELSEY	✿ 10:30-11:30AM PUSH IT! JASON	10:30AM-11:30AM TURBO KICK JULIE	
						11:30AM-12:30PM YOGA AMY/CHRIS
						12:30-1:30PM MAT PILATES AMANDA/CHRIS
EVENING CLASSES						
4:30-5:30PM MAT PILATES AMANDA	4:30-5:30PM LOW IMPACT CARDIO JULIE		4:45-5:45PM MAT PILATES SUSAN	** Camp Wellness Pre Registration Required		
5:30-6:30PM YOGA LISA	5:30-6:30PM YOGA AMY	5:30-6:30PM CARDIO FIT HEATHER	5:45-6:45PM TURBO KICK KASEY	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 KASEY	✿ 6:30-7:30PM PUSH IT! LIZ	6:30-7:30PM ZUMBA MELANIE				