

PUSH Fitness Studio, Inc.

570.606.3312 ~ PushFitnessStudio.com ~ Facebook.com/pushfitnessstudio

AUGUST 2017 SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 PUMP	2 8:30 PUMP 9:45 Walk Live 5:30 COMBAT 6:45 – *TRX(45)	3 8:30 Combat 9:45 Cardio Jam 5:30 TABATA 6:30 Pump Hi/Lo	4 8:30 PUMP 10:00 Barre	5 8:00 INTERVAL 9:15 PUMP 10:30 Zumba
6 No Classes Today	7 8:30 PUMP 9:45 Walk Live 5:45 COMBAT 7:00 BARRE	8 8:30 STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 PUMP	9 8:30 PUMP 9:45 Cardio Jam 5:30 COMBAT 6:45 – *TRX(45)	10 8:30 Combat 9:45 Cardio Jam 5:30 TABATA	11 8:30 PUMP 10:00 Barre	12 8:00 Tabata 9:15 WalkLive
13 No Classes Today	14 8:30 PUMP 9:45 Walk Live 5:45 COMBAT 7:00 BARRE	15 8:30 STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 PUMP	16 8:30 *PUMP 9:45 Walk Live 5:30 COMBAT 6:45 – *TRX(45)	17 8:30 Combat 9:45 Cardio Jam 5:30 TABATA	18 8:30 PUMP 10:00 Barre	19 8:00 INTERVAL 9:15 PUMP
20 No Classes Today	21 8:30 PUMP 9:45 Walk Live 5:45 COMBAT 7:00 BARRE	22 8:30 STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 PUMP	23 8:30 PUMP 9:45 Walk Live 5:30 COMBAT 6:45 – *TRX(45)	24 8:30 Combat 9:45 Walk Live 5:30 TABATA	25 8:30 PUMP 10:00 Barre	26 8:00 INTERVAL 9:15 PUMP
27 DUSH Farewell Party at The Lemke's 2pm!	28 8:30 PUMP 9:45 Walk Live 5:45 COMBAT 7:00 BARRE	29 8:30 STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 PUMP	30 8:30 PUMP 9:45 Walk Live 5:30 COMBAT 6:45 – *TRX(45)	31 8:30 Combat 9:45 Cardio Jam 5:30 TABATA	1 8:30 PUMP 10:00 Barre Last Class At PUSH!	See You All At EK Fitness!

CLASSES IN BLUE = CHILD CARE AVAILABLE
www.PushFitnessStudio.com ~ 516.528.7297