

August 2017

www.myfocusedfitness.com

724 285 0080



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Summer Bootcamp- Focusing on Fitness, Nutrition and Accountability							
<p>This program will run as a 3 week program with 5:30am classes 5x per week during each session. Please see details below based on membership status. Session #3 begins 8/06. To register please email focusedfitnessbutler@gmail.com</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p>Unlimited Focused Fitness Members</p> <ul style="list-style-type: none"> -Access to all 5:30am classes (included in your Focused Fitness unlimited membership) <p>Summer Bootcamp Program includes</p> <ul style="list-style-type: none"> - Pre & Post Fitness Testing -Online Accountability Group -Customized Nutrition Program <hr/> <p>-\$20 per session</p> </td> <td style="width: 50%; padding: 5px;"> <p>Non Focused Fitness Members</p> <p><u>Summer Bootcamp includes</u></p> <ul style="list-style-type: none"> -Access to all 5:30am classes during designated session -Pre & Post Fitness Testing -Online Accountability Group -Customized Nutrition Program <hr/> <p>- One session will be \$100</p> </td> </tr> </table>						<p>Unlimited Focused Fitness Members</p> <ul style="list-style-type: none"> -Access to all 5:30am classes (included in your Focused Fitness unlimited membership) <p>Summer Bootcamp Program includes</p> <ul style="list-style-type: none"> - Pre & Post Fitness Testing -Online Accountability Group -Customized Nutrition Program <hr/> <p>-\$20 per session</p>	<p>Non Focused Fitness Members</p> <p><u>Summer Bootcamp includes</u></p> <ul style="list-style-type: none"> -Access to all 5:30am classes during designated session -Pre & Post Fitness Testing -Online Accountability Group -Customized Nutrition Program <hr/> <p>- One session will be \$100</p>
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<p>8:30am Rip <small>*60min group weightlifting class</small></p>					<p>8:30am Turbo Tabata</p>		
<p>4:30pm Warm Flow Express Yoga</p>	<p>4:30pm Pilates (45min)</p>	<p>4:30pm P90X</p>	<p>4:30pm Warm Flow Express Yoga(45Min)</p>				
<p>5:30pm Butts & Guts</p>	<p>5:30pm Rip <small>*60min group weightlifting class</small></p>			<p>5:30pm Rhythm <small>*Cardio Drumming</small></p>	<p>5:30pm Cardio Party</p> <p>\$5 class – bring a friend and you both get in for FREE *no additional charge for members</p>		
<p>Focused Fitness at the Park</p>					<p>Focused Fitness in the Park Aug. 7, 14, 21, 28</p> <p>Classes in the park are included for those with a Focused Fitness unlimited membership. Classes for non-members are \$5 per class or \$8 for both Yoga & Zumba. Classes will run every Monday night in the Carousel Shelter at Alameda Park. Yoga begins at 5:45pm and Zumba will begin at 7:00pm.</p>		
<p>5:45pm Summer Flow Yoga <small>*Alameda – Carousel Shelter</small></p>			<p>5:45pm Zumba</p>				
<p>7:00pm Zumba at The Park <small>*Alameda- Carousel Shelter</small></p>	<p>6:30pm Gentle Yoga</p>						
		<p>7:00pm Hot Yoga</p>					
<p>**Bold-New classes/schedule changes/deals</p>							



Kickoff into August: \$5 Throwback Month

July 31, 2017

We are throwing it back in the month of August and all of our classes will be \$5 beginning Monday, July 31, 2017 and through Thursday, August 31, 2017. Have you ever wanted to try out ZUMBA, Group Weightlifting, Yoga or any of our other classes? This is your chance to drop in and give them a try for just \$5 per class! Bring your friends and have some fun, you won't want to miss this!

- Cardio
- Strength
- Core/Flexibility