

October 2017

www.myfocusedfitness.com

724 285 0080



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am Bootcamp		5:30am Bootcamp		5:30am Bootcamp	8:30am Bootcamp
9:00am RIP <small>*60min group weightlifting class</small>	<div style="background-color: #ff69b4; padding: 10px; border-radius: 10px;"> <h2 style="margin: 0;">Sweat Pink 2017 Cardio Party</h2> <h3 style="margin: 0;">Oct. 16th 5:30-8:30pm</h3> <p style="margin: 0;">*There will no evening classes held at Focused Fitness on 10/16/17</p> </div>				9:30am Warm Flow Yoga
	4:30pm Pilates	4:30pm Warm Flow Express Yoga (60 Min)			<p>Columbus Day is Monday, October 9th</p> <p>Focused Fitness will be <u>OPEN</u> and all classes will be <u>FREE!!!</u></p>
5:30pm Cycle Circuit	5:30pm Rip <small>*60min group weightlifting class</small>		5:30pm P90X	5:30pm Cardio Party \$5 class – bring a friend and you both get in for FREE *no additional charge for members	
5:45pm Flow Yoga		5:45pm Zumba			
7:00pm Zumba	6:30pm Gentle Yoga		6:30pm Warm Flow Yoga		
8:00pm Candlelight Yoga	Focused Fitness will be closed on 10/31/17			**Bold-New classes/schedule changes/deals	



Sweat Pink 2017 Cardio Party

Join us on October 16th as we host our 8th annual fitness fundraiser supporting breast cancer awareness and research. Please come enjoy a night of sweating, fun, raffles, education, and hope. Tickets are \$20 and includes 2 hour class, goodie bag with special edition sweat pink shaker cup, snacks, water, and more! Get your tickets now at www.myfocusedfitness.com. All proceeds will go to the PA Breast Cancer Coalition.

October 16th 5:30-8:30pm

- Cardio
- Strength
- Core/Flexibility