

June 2017

www.myfocusedfitness.com

724 285 0080



FOCUSED FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Summer Bootcamp- Focusing on Fitness, Nutrition and Accountability							
<p>This program will run as a 3 week, 6 week, or 9 week program with 5:30am classes 5x per week during each session. Please see details below based on membership status. Session #1 begins 6/11, Session #2 begins 7/09, and 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 or \$50 for all 3 sessions</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, two sessions \$160, and three sessions \$200</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 or \$50 for all 3 sessions</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, two sessions \$160, and three sessions \$200</p>
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<p>8:30am Rip <small>*60min group weightlifting class</small></p>					<p>8:30am Turbo Tabata</p> <p>9:30am Warm Flow Yoga</p> <p>10:30am Race Training <small>*Running, cycling and conditioning</small></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>June 1st</p> <p><u>Dinner & Nutrition Label Reading Workshop</u></p> <ul style="list-style-type: none"> • Q & A Session • Location: Element Cafe • Time: 6:30-8:30pm • Price: \$25 per ticket 		
<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 Friday Night Happy Hour</p>			
<p>Focused Fitness at the Park</p>				<p>June 2- Rhythm June 9- Cardio Party June 16- Rhythm June 23- Cardio Party June 30- Rhythm</p>			
<p>5:45pm Summer Flow Yoga <small>*Alameda - Carousel Shelter</small></p>	<p>6:30pm Gentle Yoga</p>	<p>5:45pm Zumba</p>	<p>6:30pm Suspension Cycle Circuit (45min) <small>*No 6:30pm class 6/11/17 due to Nutrition Workshop</small></p>	<p>\$5 class - bring a friend and you both get in for FREE *no additional charge for members</p>			
<p>7:00pm Zumba at The Park <small>*Alameda- Carousel Shelter</small></p>		<p>7:00pm Hot Yoga</p>			<p>**Bold-New classes/schedule changes/deals</p>		



KICKOFF- Classes in the Park

Sunshine and summertime are just around the corner and we are headed back to Alameda for classes in the park. Classes in the park are included for those with Focused Fitness unlimited memberships. Classes for non-members are \$5 per class or \$8 for both Yoga & Zumba. Classes will run every Monday night in Carousel Shelter beginning June 5, 2017. Yoga will begin at 5:45pm and Zumba will begin at 7:30pm. We can't wait for a summer of fun and fitness!

June 5, 2017

- Cardio
- Strength
- Core/Flexibility