

Push! Fitness for Women Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning and Afternoon Classes						
8:00-9:00am ♥ Push It! Alex	8:00-9:00am ✿ Barre, Balance & Booty-Heidi					
9:15-10:15am Push Power Amber	9:15-10:15am Functionally Fit Pearl	9:15-10:15am Strength Krista	9:15-10:15am Keep Moving Heidi	9:15-10:15am Yoga Fusion Beth	9:30-10:30am Zumba Melanie	
10:15-11:15am ♣ Push It! Brandy	11:00-12:00pm PiYo Amber	10:15-11:15am REFIT Karmen	11:00-12:00pm Pilates Krista	10:45-11:45am ♣ Push It! Jason	11:00-12:00pm Fusion Janie	
12:00-1:00pm Chair Yoga Beth		11:30-12:30pm ✿ Basic Strength & Conditioning Beth	12:30-1:30pm Chair Yoga + Strength Beth			
Evening Classes						
				Specialty Class Rates		
5:30-6:30pm ♥ Push It! Krista		5:30-6:30pm ♥ Push It! Alex	5:45-6:45pm Yoga Sara	✿ Specialty Classes: \$150-10 consecutive classes, use it or lose it \$170-10 classes, expires in 4 months \$20 Member Single Class (\$23 nonmember) *\$10 fee for all class packages for nonmembers		
6:30-7:30pm Zumba Melanie	6:45-7:45pm ♥ Push It! Krista	6:30-7:30pm ✿ Hula Hoop Krista	6:45-7:45pm Zumba Melanie			

Push It! Classes - Small Group Personal Training

- ♣ Push It! With Brandy or Jason - \$150 (6 weeks, use it or lose it)
- ♥ Push It! - \$110 (6 weeks, use it or lose it)
- *\$10 fee for nonmembers*

To learn more about our Push It! Classes, contact the Front Desk about available spots and start dates. New participants must meet with a Push! Trainer prior to starting class.

Class times, format, and instructors are subject to change. If you have any questions or concerns, please contact: Krista Mobley, Group Fitness Coordinator (317) 284-7874 krista@push-fitness.com

Club Hours

Mon-Thurs: 6:00am-9:00pm	Sat: 8:00am-3:00pm
Fri: 6:00am-7:00pm	Sun: 9:00am-2:00pm