

PUSH Fitness Classes Are Now Open!

Starting Monday, July 13th we will start offering multiple Push Group Training classes per day.

What is PUSH Fitness Group Training?

A 60 minute Heart Rate Interval Training workout for all fitness levels. You'll be challenged with functional, core, and strength training while you run, row, ride, and work your way through 5 Heart Rate Training Zones. The PUSH method burns fat, makes you stronger, and tones your entire body.

How do I Enroll?

Click the link below to sign up! From now until July 19th, all founding PUSH members will receive:

- A FREE heart rate monitor (\$49 value)
- Unlimited classes for the first 7 days before committing
- A Founding Member t-shirt
- Locked in lowest rates ever for PUSH.

Spots are filling up fast -
reserve your spot today!

SIGN UP!