

PUSH PROGRAM

P-POSITIVE - IT BUILDS STRONGER CHARACTER WITHIN YOU.

U-UNLIMITED - THERE IS NO LIMIT TO YOUR SUCCESS.

S-SHAPE - YOU CAN SHAPE YOURSELF MENTALLY AND PHYSICALLY.

H-HEALTHY - WHAT YOU PUT IN YOUR BODY IS WHAT YOU GET OUT OF IT

Program information - PUSH Program is a 45-minute group exercise class that will increase your fitness, scorch body fat, and give you the results you've been waiting for! Workouts are fast-paced, fun and loaded with variety. This form of high intensity interval training will keep your metabolism elevated for hours after your workout.

*It start on Nov 2, 2019

*630am-730am in the Draper APA HS Gym

*19yrs and older are invited

*(16-18 year old with consent from a parent).

* \$20 dollar per month - held every Saturday.

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