

emPOWER

TRAINING SYSTEMS

276 Granite Run Drive, Lancaster PA | (717)300-0543
 www.empowertrainingsystems.com

2025 Class Schedule

Class	Day	Time
	<p>Thursday Friday (FAMILY)</p> <p>Saturday <i>*Saturday class is FREE for all! Followed by EFM Message</i></p>	<p>7am 6:30pm</p> <p>9:00am</p>
	<p>Monday Tuesday Wednesday Thursday Friday</p>	<p>7am & 6pm 6am & 9am 6pm 5am 9am</p>
	<p>Wednesday Sunday</p>	<p>6am 7am</p>
	<p>Tuesday Thursday</p>	<p>5:45p-6:30p</p>
	<p>Tuesday</p>	<p>6pm</p>
Power Yoga: Strength & Flow	<p>Thursday</p>	<p>8am & 7pm</p>

**All classes included with Personal Training Packages*

**Please sign up for class using the PushPress Members App & check in upon arrival.*

**Detailed class descriptions found at www.empowertrainingsystems.com*

**Please allow one hour for class.*

First Class is FREE! Please arrive 5-10 min early to meet the coach and sign a waiver.

\$16/ single class rate | \$115/month unlimited classes | \$130 for a punch card of 10 classes

Every Saturday is always FREE for anyone! Share with your friends!