

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONTHLY SPECIAL: \$15 AERIAL YOGA CLASSES	MONTHLY SPECIAL: \$8 YOGA MAT CLASSES	MONTHLY SPECIAL: \$140 for 8 GROUP PERSONAL TRAINING SESSIONS		1 10:00-11:00am Elevating Flow/Tara 12:00-12:45pm Lunch Hour Flow/Tara 6:00-6:50pm Box+Spin/Ashley 7:00-8:00pm Yin Candlelight/Tara	2 9:00-9:45am Boot Camp/Kim 10:00-11:00am Elite Boxing/Jenna	3 8:30-9:15am Kids Bootcamp/Kim 9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa 12:00-1:00pm Gentle Flow Yoga/Tara
4 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn	5 9:00-10:00am Elevating Flow/Melissa 10:15-11:15 Box/Jenna 12:00-12:45pm Lunch Hour Flow/Melissa 5:30-6:30pm Bootcamp/Kim 6:30-7:30pm Strengthcamp/Ashley 6:45-7:30pm Core/Kelly	6 7:00-8:00am Muscle Pump/Marisa 10-11:00am Elevating Flow/Tara 12-12:45pm Lunch Hr Flow/Tara 4:00-5:00pm Vin/Tara 6:00-6:50pm HIIT Challenge/Ashley 7-8pm Yin By Candlelight/Tara	7 7-8am Pilates/Marisa 9:00-10:00am Elevating Flow/Melissa 10:00-11:00am Elite Boxing/Jenna 12:00-12:45pm Lunch Hour 5:30-6:30 Bridal Bootcamp/Linda Flow/Melissa 6:45-7:45pm Aerial Yoga/Melissa	8 10:00-11:00am Elevating Flow/Tara 12:00-12:45pm Lunch Hour Flow/Tara 6:00-6:50pm Box+ Spin/Ashley 7:00-8:00pm Yin Candlelight/Tara 8:00-8:45pm Muscle Pump/Marisa	9 9:00-9:45am Boot Camp/Kim 10:00-11:00am Elite Boxing/Jenna	10 8:30-9:15am Kids Bootcamp/Kim 9:30-10:30 Box./Jenna 10:45-11:45am Aerial Yoga/Melissa 12:00-1:00pm Gentle Flow Yoga/Tara 1:30-3:00pm FREE ACRO YOGA DEMO/CLASS
11 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn	12 9-10am Elevating Flow/Melissa 10:15-11:15 Box/Jenna 12:00-12:45pm Lunch Hour Flow/Melissa 4-5pm Aerial/Melissa 5:30-6:30pm Bootcamp/Kim 6:30-7:30pm Strengthcamp/Ashley 6:45-7:30pm Core/Kelly	13 7:00-8:00am Muscle Pump/Marisa 6:00-6:50pm HIIT Challenge/Ashley	14 7-8am Pilates/Marisa 9:00-10:00am Elevating Flow/Melissa 10:00-11:00am Elite Boxing/Jenna 12:00-12:45pm Lunch Hour Flow/Melissa 5:30-6:30 Bridal Bootcamp/Linda 6:45-7:45pm Aerial Yoga/Melissa	15 6:00-6:50pm Box+Spin/Ashley 8:00-8:45pm Muscle Pump/Marisa	16 9:00-9:45am Boot Camp/Kim 10:00-11:00am Elite Boxing/Jenna	17 8:30-9:15am Kids Bootcamp/Kim 9:30-10:30 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa

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18 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn	19 9:00-10:00am Elevating Flow/Melissa 10:15-11:15am Elite Boxing/Lisa 12:00-12:45pm Lunch Hour Flow/Melissa 4:00-5:00pm Aerial Yoga/Melissa 5:30-6:30pm Bootcamp/Kim 6:30-7:30pm Strengthcamp/Ashley 6:45-7:30pm Core and Stability/Kelly	20 7:00-8:00am Muscle Pump/Marisa 10:00-11:00am Elevating Flow/Tara 12:00-12:45pm Lunch Hour Flow/Tara 4:00-5:00pm Vin Flow/Tara 6:00-6:50pm HIIT CHallenge/Ashley 7:00-8:00pm Yin By Candlelight/Tara	21 7:00-8:00am Pilates/Marisa 9:00-10:00am Elevating Flow/Melissa 10:00-11:00am Elite Boxing/Jenna 12:00-12:45pm Lunch Hour Flow/Melissa 5:30-6:30 Bridal Bootcamp/Linda 6:45-7:45pm Aerial Yoga/Melissa	22 10:00-11:00am Elevating Flow/Tara 12:00-12:45pm Lunch Hour Flow/Tara 6:00-6:50pm Box+Spin/Ashley 7:00-8:00pm Yin By Candlelight/Tara 8:00-8:45pm Muscle Pump/Marisa	23 9:00-9:45am Boot Camp/Kim 10:00-11:00am Elite Boxing/Jenna	24 8:30-9:15am Kids Bootcamp/Kim 9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa 12:00-1:00pm Gentle Flow Yoga/Tara 1:30-3:00 Acro Yoga Class/Christina
25 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn 5:30-6:30pm Candlelight Restorative Yoga/Reiki Melissa and Tara - \$25	26 9:00-10:00am Elevating Flow/Melissa 10:15-11:15am Elite Boxing/Lisa 12:00-12:45pm Lunch Hour Flow/Melissa 4:00-5:00pm Aerial Yoga/Melissa 5:30-6:30pm Bootcamp/Kim 6:30-7:30pm Strengthcamp/Ashley 6:45-7:30pm Core and Stability/Kelly	27 7:00-8:00am Muscle Pump/Marisa 10:00-11:00am Elevating Flow/Tara 12:00-12:45pm Lunch Hour Flow/Tara 4:00-5:00pm Vin Flow/Tara 6:00-6:50pm HIIT Challenge/Ashley 7:00-8:00pm Yin By Candlelight/Tara	28 7:00-8:00am Pilates/Marisa 9:00-10:00am Elevating Flow/Melissa 10:00-11:00am Elite Boxing/Jenna 12:00-12:45pm Lunch Hour Flow/Melissa 5:30-6:30 Bridal Bootcamp/Linda 6:45-7:45pm Aerial Yoga/Melissa	29 10:00-11:00am Elevating Flow/Tara 12:00-12:45pm Lunch Hour Flow/Tara 6:00-6:50pm Box+Spin/Ashley 7:00-8:00pm Yin By Candlelight/Tara 8:00-8:45pm Muscle Pump/Marisa	30 9:00-9:45am Boot Camp/Kim 10:00-11:00am Elite Boxing/Jenna 6:30-8:00pm Yoga Nidra/Karen - \$20	31 8:30-9:15am Kids Bootcamp/Kim 9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa 12:00-1:00pm Gentle Flow Yoga/Tara

COST VARY BY INSTRUCTOR. MOST INSTRUCTORS OFFER PUNCH CARDS WITH A DISCOUNT.

PLEASE VISIT WWW.CENTRALPENNHEALTH.COM FOR CLASS DESCRIPTIONS AND TO SIGN UP TODAY!