

APRIL 2018

1051 HUMMEL AVE, LEMOYNE

(717) 608-7036

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>NO CLASSES HAPPY EASTER</p>	<p>9</p> <p>9:00-10:00am Morning Flow/Melissa 10:00-11:00 Box/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley</p>	<p>3</p> <p>7:00-8:00am Muscle Pump/Marisa</p> <p>5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley 7-8pm Yin By Candlelight/Tara</p>	<p>4</p> <p>7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 10:00-11:00 Box/Jenna 12:00-12:45pm Flow/Melissa 5:30-6:30pm Spin/Linda Flow/Melissa 6:45-7:45pm Aerial Yoga/Melissa</p>	<p>5</p> <p>6:00-6:50pm Box+Spin/Ashley 7:00-8:00pm Yin Candlelight/Tara</p>	<p>6</p> <p>10:00-11:00am Elite Boxing/Jenna</p>	<p>7</p> <p>9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa</p>
<p>8</p> <p>2:45-3:45pm Pilates/Marisa</p> <p>4:00-5:00pm PiYo/Karyn</p> <p>6:00-7:00pm Gentle Yoga with Aerial Meditation/Melissa</p>	<p>9</p> <p>9:00-10:00am Morning Flow/Melissa 10:00-11:00 Box/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley</p>	<p>10</p> <p>7:00-8:00am Muscle Pump/Marisa</p> <p>5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley 7-8pm Yin By Candlelight/Tara</p>	<p>11</p> <p>7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 10:00-11:00am Box/Jenna 12:00-12:45pm Flow/Melissa 5:30-6:30pm Spin/Linda Flow/Melissa 6:45-7:45pm Aerial Yoga/Melissa</p>	<p>12</p> <p>6:00-6:50pm Box+ Spin/Ashley 7:00-8:00pm Yin Candlelight/Tara 8:00-8:45pm Muscle Pump/Marisa</p>	<p>13</p> <p>10:00-11:00am Elite Boxing/Jenna</p>	<p>14</p> <p>EXERCISE AGAINST ANXIETY 10am-12pm Chair massages, doTerra display and Reiki sessions</p> <p>9:30-10:30 Box./Jenna 10:45-11:45am Aerial Yoga/Melissa 12:00-1:00pm Gentle Yoga with Aerial Meditation/Tara</p>
<p>15</p> <p>2:45-3:45pm Pilates/Marisa</p> <p>4:00-5:00pm PiYo/Karyn</p> <p>6:00-7:00pm Gentle Yoga with Aerial Meditation/Tara</p>	<p>16</p> <p>9-10am Morning Flow/Melissa 10:00-11:00 Box/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley</p>	<p>17</p> <p>7:00-8:00am Muscle Pump/Marisa</p> <p>5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley 7-8pm Yin By Candlelight/Tara</p>	<p>18</p> <p>7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 10:00-11:00am Elite Boxing/Jenna 12:00-12:45pm Lunch Hour Flow/Melissa 5:30-6:30pm Spin/Linda 6:45-7:45pm Aerial Yoga/Melissa</p>	<p>19</p> <p>6:00-6:50pm Box+ Spin/Ashley 7:00-8:00pm Yin Candlelight/Tara 8:00-8:45pm Muscle Pump/Marisa</p>	<p>20</p> <p>10:00-11:00am Elite Boxing/Jenna</p>	<p>21</p> <p>9:30-10:30 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn	23 9:00-10:00am Morning Flow/Melissa 10:15-11:15am Elite Boxing/Lisa 12:00-12:45pm Lunch Hour Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley	24 7:00-8:00am Muscle Pump/Marisa 5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley 7-8pm Yin By Candlelight/Tara	25 7:00-8:00am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 10:00-11:00am Elite Boxing/Jenna 12:00-12:45pm Lunch Hour Flow/Melissa 5:30-6:30 Spin/Linda 6:45-7:45pm Aerial Yoga/Melissa	26 6:00-6:50pm Box+Spin/Ashley 7:00-8:00pm Yin By Candlelight/Tara 8:00-8:45pm Muscle Pump/Marisa	27 10:00-11:00am Elite Boxing/Jenna	28 9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
29 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn 6:00-7:00pm Candlelight Restorative Yoga/Reiki Melissa, Tara and Vicki (No cost/Donations accepted for community programming)	30 9:00-10:00am Morning Flow/Melissa 10:15-11:15am Elite Boxing/Lisa 12:00-12:45pm Lunch Hour Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley	31 7:00-8:00am Muscle Pump/Marisa 5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley 7-8pm Yin By Candlelight/Tara		APRIL MONTHLY MEMBERSHIPS FOR FRONT GYM - \$75 Time slots available: 5:30-6:30am or 5-6pm	AERIAL CLASS SPECIAL: \$15/class	

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!