

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:30-7:30am Spin/Linda	2 7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 10:00-11:00 Box/Jenna 12:00-12:45pm Flow/Melissa	3 6:30-7:30am Spin/Linda	4 10:00-11:00am Elite Boxing/Jenna	5 9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
		5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley	5:30-6:20pm Step/Linda 6:45-7:45pm Aerial Yoga/Melissa	6:00-6:50pm Box+Spin/Ashley 7:30-8:30pm Yin Candlelight/Tara		
6 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn	7 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 5:30-6:20 Step/Linda 6:30-7:30pm Strengthcamp/Ashley	8 6:30-7:30am Spin/Linda	9 7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 10:00-11:00am Box/Jenna 12:00-12:45pm Flow/Melissa	10 6:30-7:30am Spin/Linda	11 10:00-11:00am Elite Boxing/Jenna	12 9:30-10:30 Box./Jenna 10:45-11:45am Aerial Yoga/Melissa
		5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley	5:30-6:20pm Step/Linda 6:45-7:45pm Aerial Yoga/Melissa	6:00-6:50pm Box+ Spin/Ashley 7:30-8:30pm Yin Candlelight/Tara		
13 <b>HAPPY MOTHERS DAY!!!!</b>  HUG YOUR MOM IF YOU ARE ABLE. IF NOT, HUG SOMEONE WHO HAS HELPED YOU BECOME WHO YOU ARE!	14 9-10am Morning Flow/Melissa 10:00-11:00 Box/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 5:30-6:20 Step/Linda 6:30-7:30pm Strengthcamp/Ashley	15 6:30-7:30am Spin/Linda	16 7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 10:00-11:00am Elite Boxing/Jenna 12:00-12:45pm Flow/Melissa	17 6:30-7:30am Spin/Linda	18 10:00-11:00am Elite Boxing/Jenna	19 9:30-10:30 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
		5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley	5:30-6:20pm Step/Linda 6:45-7:45pm Aerial Yoga/Melissa	6:00-6:50pm Box+ Spin/Ashley 7:30-8:30pm Yin Candlelight/Tara		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 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)	21 9:00-10:00am Morning Flow/Melissa 9:45-10:45am Elite Boxing/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 5:30-6:20 Step/Linda 6:30-7:30pm Strengthcamp/Ashley	22 6:30-7:30am Spin/Linda    5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley	23 7:00-8:00am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 9:45-10:45am Elite Boxing/Jenna 12:00-12:45pm Flow/Melissa 5:30-6:20 Step/Linda 6:45-7:45pm Aerial Yoga/Melissa	24 6:30-7:30am Spin/Linda    6:00-6:50pm Box+Spin/Ashley 7:30-8:30pm Yin By Candlelight/Tara	25 9:45-10:45am Elite Boxing/Jenna    MAY MONTHLY MEMBERSHIPS FOR FRONT GYM - \$75 Time slots available: 5:30-6:30am or 5-6pm  AERIAL CLASS SPECIAL: \$15/class	26 9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
27 2:45-3:45pm Pilates/Marisa 4:00-5:00pm PiYo/Karyn	28 9:00-10:00am Morning Flow/Melissa 9:45-10:45am Elite Boxing/Lisa 12:00-12:45pm Flow/Melissa 4:15-5pm Tween\Teen Aerial/Melissa 5:30-6:20 Step/Linda 6:30-7:30pm Strengthcamp/Ashley	29 6:30-7:30am Spin/Linda    5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley	30 7:00-8:00am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 9:45-10:45am Elite Boxing/Jenna 12:00-12:45pm Flow/Melissa 5:30-6:20 Step/Linda 6:45-7:45pm Aerial Yoga/Melissa			

**ALL CLASSES ARE \$10 drop in fee with punch passes 5 class for \$45 and 10 for \$80 except for Pilates \$7/class and Aerial Yoga \$15/class**

**PLEASE VISIT OUR FACEBOOK PAGE and WWW.CENTRALPENNHEALTH.COM FOR CLASS DESCRIPTIONS AND TO SIGN UP TODAY!**