


WE ARE A NON MEMBERSHIP STUDIO. YOU PAY ONLY FOR CLASSES OR SERVICES YOU CHOOSE TO ENJOY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:45-3:45pm Pilates/Marisa	2 9:00-10:00am Morning Flow/Melissa 9:45-10:45 Box/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween/Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley	3 9:30-10:30am Step/Linda 5:00-5:50pm Box/Jenna 6:00-6:50pm HIIT Challenge/Ashley	4  9:45-10:45am Box/Jenna	5 9:30-10:30am Step/Linda 6:00-6:50pm Box+ Spin/Ashley	6 9:45-10:45am Elite Boxing/Jenna	7 8:30-9:15am Box 9:30-10:30am Cardio Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
8 2:45-3:45pm Pilates/Marisa	9 9:00-10:00am Morning Flow/Melissa 9:45-10:45 Box/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween/Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley	10 9:30-10:30am Step/Linda 5:00-5:50pm Box/Jenna 6:00-7:00pm 30 Day Jump Start 6:00-6:50pm HIIT Challenge/Ashley	11 7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 9:45-10:45am Box/Jenna 12:00-12:45pm Flow/Melissa 5:30-6:30pm PiYo/Karyn 6:45-7:45pm Aerial Yoga/Melissa	12 9:30-10:30am Step/Linda 6:00-6:50pm Box+ Spin/Ashley	13 9:45-10:45am Elite Boxing/Jenna	14 8:30-9:15am Box 9:30-10:30 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
15 2:45-3:45pm Pilates/Marisa	16 9-10am Morning Flow/Melissa 9:45-10:45 Box/Jenna 12:00-12:45pm Flow/Melissa 4:15-5pm Tween/Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley	17 9:30-10:30am Step/Linda 5:00-5:50pm Box/Jenna 6:00-7:00pm 30 Day Jump Start 6:00-6:50pm HIIT Challenge/Ashley	18 7-8am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 9:45-10:45am Box/Jenna 12-12:45Flow/Melissa 5:30-6:30pm PiYo/Karyn 6:45-7:45pm Aerial Yoga/Melissa	19 9:30-10:30am Step/Linda 6:00-6:50pm Box+ Spin/Ashley	20 9:45-10:45am Elite Boxing/Jenna	21 10:45-11:45am Aerial Yoga/Melissa

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 2:45-3:45pm Pilates/Marisa	23 9:00-10:00am Morning Flow/Melissa 12:00-12:45pm Flow/Melissa 4:15-5pm Tween/Teen Aerial/Melissa 6:30-7:30pm Strengthcamp/Ashley	24 9:30-10:30am Step/Linda 6:00-7:00pm 30 Day Jump Start 6:00-6:50pm HIIT Challenge/Ashley	25 7:00-8:00am Pilates/Marisa 9:00-10:00am Morning Flow/Melissa 12:00-12:45pm Flow/Melissa 5:30-6:30 PiYo/Karyn 6:45-7:45pm Aerial Yoga/Melissa	26 9:30-10:30am Step/Linda 6:00-6:50pm Box+ Spin/Ashley	27 9:45-10:45am Elite Boxing/Karen	28 10:45-11:45am Aerial Yoga/Melissa
29 2:45-3:45pm Pilates/Marisa 6:00-7:00pm Candlelight Restorative Yoga/Reiki Melissa and Vicki (No cost/Donations accepted for community programming)	30 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 6:30-7:30pm Strengthcamp/Ashley	31 9:30-10:30am Step/Linda 5:00-5:50pm Box/Jenna 6:00-7:00pm 30 Day Jump Start 6:00-6:50pm HIIT Challenge/Ashley			SMALL GROUP TRAINING SPECIAL 2 SESSIONS/WEEK ONLY \$100 FOR THE MONTH OF JULY	AERIAL YOGA CLASS SPECIAL: \$15/class

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!