

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SMALL GROUP TRAINING SPECIAL 2 SESSIONS/WEEK ONLY \$150 FOR THE MONTH	AERIAL YOGA CLASS SPECIAL: \$15/class	NON MEMBERSHIP STUDIO PAY AS YOU ENJOY EACH SERVICE, CLASS AND PROGRAM				1 8:30-9:15am Box 9:30-10:30am Cardio Box/Jenna 11:00am-12:00pm Aerial Yoga/Melissa
2	3 9:30-10:30 Box/Jenna	4 10:00-11:00am Zumba/Vesta 10:00-11:00am Homeschool Fitness/Kelly 5:00-5:50pm Box/Jenna	5 8:45-9:30am Box/Jenna 9:30-10:30am Box/Jenna 5:30-6:30 Punk Rope/Laura 6:45-7:45pm Aerial for Strength/Melissa	6 6:00-7:00pm Zumba/Vesta 7:30-8:30 Yin by Candlelight/Jenn	7 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	8 7:15-8:15 am Fit to Flow/Karen 8:30-9:15am Box/Jenna 9:30-10:30 Box/Jenna 11:00am-12:00pm Aerial Yoga/Melissa
9 4:00-5:00pm PiYo/Karyn	10 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 4:30-5:15 TRX Fusion/Lisa 5:30-6:30 Monday Funday/Karen 6:30-7:30 Vinyasa Vibes Karen	11 10:00-11:00am Zumba/Vesta 10:00-11:00 Homeschool Fitness/Kelly 5:00-5:50pm Box/Jenna 6:30-7:30 Zumba/Danielba	12 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Punk Rope/Laura 6:45-7:45pm Aerial for Strength/Melissa	13 6:00-7:00pm Zumba/Vesta 7:30-8:30 Yin by Candlelight/Jenn	14 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna 5:00-6:00pm FREE Community Trauma Informed Yoga 7:00-8:30pm Glow Flow Karen	15 7:15-8:15 am Fit to Flow/Karen 8:30-9:15am Box/Jenna 11:00am-12:00pm Aerial Yoga/Melissa
16 4:00-5:00pm PiYo/Karyn	17 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 4:30-5:15 TRX Fusion/Lisa 5:30-6:30 Monday Funday/Karen 6:30-7:30 Vinyasa Vibes Karen	18 10:00-11:00am Zumba/Vesta 10:00-11:00am Homeschool Fitness/Kelly 5:00-5:50pm Box/Jenna 6:30-7:30 Zumba/Danielba	19 6:30-7:30 Pilates Mat/Keri 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Punk Rope/Laura 6:45-7:45pm Aerial for Strength/Melissa	20 6:00-7:00pm Zumba/Vesta 7:30-8:30 Yin by Candlelight/Jenn	21 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	22 7:15-8:15 am Fit to Flow/Karen 8:30-9:15am Box/Jenna 9:30-10:30am Box/Jenna 11:00am-12:00pm Aerial Yoga/Melissa

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30 4:00-5:00pm PiYo/Karyn 6:00-7:00pm Candlelight Restorative Yoga/Reiki Melissa and Vicki (No cost/Donations accepted for community programming)						

COST: Box, PiYo, HIIT, and Yoga are \$10 drop in with punch passes 5 classes for \$45 or 10 for \$80

Aerial Yoga is \$15/class

Zumba is \$5 drop in with punch passes 5 classes for \$25 or 10 for \$45

Homeschool Fitness Class: \$8/class

PLEASE VISIT OUR FACEBOOK PAGE and WWW.CENTRALPENNHEALTH.COM FOR CLASS DESCRIPTIONS AND TO SIGN UP TODAY! YOU CAN ALSO SIGN UP DIRECTLY ON MINDBODY.

**OUR GOAL IS TO HELP YOU LIVE YOUR POTENTIAL!!!
 PLEASE CALL (717) 608-7036 WITH ANY QUESTIONS, Kelly Potteiger**