

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
2 <b>ONE YEAR CELEBRATION</b>  Free classes 1-1:30 Fit to Flow 1:45-2:15 Box 2:30-3:00 Kettlebell 3:15-3:45 Foam Roller	3 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Cardio Strength Como/Karen 6:30-7:30 Yoga Karen	4 5:30-6:30am Muscle&Move/Barbara 10:00-11:00am PiYo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	5 6:30-7:30 Pilates Mat/Keri 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna  6:45-7:45pm Aerial for Strength/Melissa	6  10:00-11:00am PiYo/Meghan 6:15-7:15pm Zumba/Danielba 7:30-8:30 Yin by Candlelight/Jenn	7 7:00-8:00am Fusion-Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	8 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
9	10 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Cardio Strength Como/Karen 6:30-7:30 Yoga Karen	11 5:30-6:30am Muscle&Move/Barbara 10:00-11:00am PiYo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	12 6:30-7:30 Pilates Mat/Keri 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna  6:45-7:45pm Aerial for Strength/Melissa	13  10:00-11:00am PiYo/Meghan 6:15-7:15pm Zumba/Danielba 7:30-8:30 Yin by Candlelight/Jenn	14 7:00-8:00am Fusion-Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	15 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
16	17 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Cardio Strength Como/Karen 6:30-7:30 Yoga Karen	18 5:30-6:30am Muscle&Move/Barbara 10:00-11:00am Piyo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	19 6:30-7:30 Pilates Mat/Keri 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna  6:45-7:45pm Aerial for Strength/Melissa	20  6:15-7:15pm Zumba/Danielba	21 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	22 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24 NO CLASSES	25 	26 6:30-7:30 Pilates Mat/Keri  9:30-10:30 Box/Jenna  6:45-7:45pm Aerial for Strength/Melissa	27 10:00-11:00am PiYo/Meghan  6:15-7:15 Zumba/Danielba	28 7:00-8:00am Fusion- Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	29 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
30 6:00-7:00pm Candlelight Restorative Yoga/Reiki Melissa and Vicki	31 9:30-10:30 Box/Jenna					

**COST: Box, PiYo, HIIT, and Yoga are \$10 drop in with punch passes 10 for \$80, Aerial Yoga is \$15/class  
 Zumba is \$5 drop in with punch passes 5 classes for \$25 or 10 for \$40**

**NEW EXPERIENCE CPH STUDIO PASS: \$95 (value \$120) includes 10 classes of choice with up to 2 aerial yoga classes  
 and up to 2 small group training sessions. Zumba classes are 2 for 1 so for each class line you can attend two Zumba  
 classes!**

**PLEASE VISIT OUR FACEBOOK PAGE @CPHSTUDIO 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**