

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 6:30-7:30 Pilates Mat/Keri  9:30-10:30 Box/Jenna  6:45-7:45pm Aerial for Strength/Melissa	3  10:00-11:00am PiYo/Meghan	4 6:45-7:30am Fusion- Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	5 7:15-8:15 am Yoga+Strength/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
6	7 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga Karen	8 5:30-6:30 Muscle &Move/Barbara 10:00-11:00am PiYo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	9 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	10 10:00-11:00am PiYo/Meghan	11 6:45-7:30am Fusion- Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	12 7:15-8:15 am Yoga+Strength/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
13	14 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga Karen	15 5:30-6:30 Muscle &Move/Barbara 10:00-11:00am PiYo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	16 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	17 10:00-11:00am PiYo/Meghan	18 6:45-7:30am Fusion- Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	19 7:15-8:15 am Yoga+Strength/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
20	21 6:45-7:30 Circuit/Cindy 9:30-10:30 Box/Jenna  5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga Karen	22 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	23 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	24 10:00-11:00am PiYo/Meghan	25 6:45-7:30am Fusion- Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	26 7:15-8:15 am Yoga+Strength/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa

JANUARY 2019  
 1051 HUMMEL AVE, LEMOYNE  
 (717) 608-7036

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 6:00-7:00pm Candlelight Restorative Yoga/Reiki Melissa and Vicki	28 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga Karen	29 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	30 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	31 10:00-11:00am PiYo/Meghan		

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

**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**

**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**