

FEBUARY 2019

1051 HUMMEL AVE, LEMOYNE

(717) 608-7036

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6:45-7:30am Fusion-Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	2 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
3	4 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 4:30-5:30 Spin/Karen 5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga/Karen	5 530-6:30am Muscle&Move/Barbara 10:00-11:00am PiYo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	6 6:00-7:00 Pilates Mat/Keri 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	7 6:00-6:45 Cycle & Core/Karen 10:00-11:00am PiYo/Meghan	8 6:45-7:30am Fusion-Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	9 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
10	11 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 4:30-5:30 Spin/Karen 5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga/Karen	12 5:30-6:30am Muscle&Move/Barbara 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	13 6:00-7:00 Pilates Mat/Keri 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	14 6:00-6:45 Cycle & Core/Karen 10:00-11:00am PiYo/Chelsea	15 6:45-7:30am Fusion-Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	16 7:15-8:15 am Fit to Flow/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
17	18 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 4:30-5:30 Spin/Karen 5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga/Karen	19 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	20 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	21 6:00-6:45 Cycle & Core/Karen 10:00-11:00am PiYo/Meghan	22 6:45-7:30am Fusion-Pedal to Kettlebell/Cindy 8:45-9:30am Box/Jenna 9:30-10:30am Elite Boxing/Jenna	23 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
24 6:00-7:00pm Candlelight Restorative Yoga/Reiki Melissa and Vicki	25 6:45-7:30 Circuit/Cindy 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 4:30-5:30 Spin/Karen 5:30-6:30 Cardio Strength Combo/Karen 6:30-7:30 Yoga/Karen	26 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	27 8:45-9:30am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	28 6:00-6:45 Cycle & Core/Karen 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

ALL ACCESS 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**