

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MARCH SPECIALS:</b> Unlimited Aerial Yoga Only \$70  PiYo with Meghan 6 Classes For Only \$36					<b>1</b> 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna 9:30-10:30am Box/Jenna	<b>2</b> 7:15-8:15 am Yoga+Strength/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
<b>3</b>	<b>4</b> 6:45-7:30 Circuit/Cindy 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna 4:30-5:30 Spin/Karen 5:30-6:30 Cardio Strength Combo/Karen	<b>5</b> 530-6:30am Muscle&Move/Barbara 10:00-11:00am PiYo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	<b>6</b> 6:00-7:00 Pilates Mat/Keri 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna  6:45-7:45pm Aerial for Strength/Melissa	<b>7</b> 6:00-6:45 Cycle & Core/Karen 10:00-11:00am PiYo/Meghan	<b>8</b> 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna 9:30-10:30am Box/Jenna	<b>9</b> 7:15-8:15 am Yoga+Strength/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
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MARCH 2019  
 1051 HUMMEL AVE, LEMOYNE  
 (717) 608-7036

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24	25	26	27	28	29	30
31						

**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**