

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NON MEMBERSHIP STUDIO DISCOUNTED CLASS PASSES SMALL GROUP PERSONAL TRAINING			1 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	2 10:00-11:00am PiYo/Meghan	3 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna 9:30-10:30am Box/Jenna	4 7:45-8:30am Yoga/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
5 OPEN HOUSE 8:00am-1:00pm FREE CLASSES Event Benefits Bodywise Foundation	6 6:45-7:30 Circuit/Cindy 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna	7 10:00-11:00am PiYo/Meghan 5:00-5:50pm Box/Jenna	8 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	9 10:00-11:00am PiYo/Meghan 6:00-7:00pm SPECIAL Pilates and Smoothie Demo	10 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna 9:30-10:30am Box/Jenna	11 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
12	13 6:45-7:30 Circuit/Cindy 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna	14 10:00-11:00am Piyo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	15 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	16 10:00-11:00am PiYo/Meghan	17 6:45-7:30am Cycle and Kettlebell/Cindy	18 7:45-8:30am Yoga/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
19	20 6:45-7:30 Circuit/Cindy 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna 5:45-6:30pm Aerial Fitness/Melissa	21 10:00-11:00am Piyo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	22 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna 5:45-6:45 doTerra for Athletes/Melissa 6:45-7:45pm Aerial for Strength/Melissa	23 10:00-11:00am PiYo/Meghan	24 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna 9:30-10:30am Box/Jenna	25 7:45-8:30am Yoga/Karen 9:00-10:00 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa

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26	27	28 10:00-11:00am Piyo/Meghan 5:00-5:50pm Box/Jenna 6:00-7:00pm PiYo Karyn	29 9:00-10:00am Box/Jenna 9:30-10:30 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	30 10:00-11:00am PiYo/Meghan	31 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna 9:30-10:30am Box/Jenna	

COST: Box, PiYo, Spin 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**