

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NON MEMBERSHIP STUDIO DISCOUNTED CLASS PASSES SMALL GROUP PERSONAL TRAINING	SMALL GROUP TRAINING PERSONAL TRAINING \$15/session 5am, 8am and 5:00pm Contact Kelly for specific schedule			2	3	1 7:00-7:30am Aerial Fitness/Melissa 7:45-8:30am Yoga/Karen 8:45-9:45 Box/Jenna
2	3 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna 5:30-6:15pm Aerial Fitness/Melissa	4 9:00-10:00am PiYo/Meghan 5:00-5:50pm Box/Jenna	5 5:30-6:30pm PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa	6 9:00-10:00am PiYo/Meghan	7 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00 Box/Meghan	8 7:00-7:30am Aerial Fitness/Melissa 7:45-8:30am Yoga/Karen
9	10 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan 5:30-6:15pm Aerial Fitness/Melissa 6:30-7:15pm Spin&Core/Linda	11 9:00-10:00am Piyo/Meghan	12 9:00-10:00 Box/Meghan 6:45-7:45pm Aerial for Strength/Melissa	13 9:00-10:00am PiYo/Meghan	14 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna	15 7:00-7:30am Aerial Fitness/Melissa 7:45-8:30am Yoga/Karen 8:45-9:45 Box/Jenna
16	17 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna SPECIAL CLASS 5:30-6:30pm 80s Night Boxing Class/Jenna 6:30-7:15pm Spin&Core/Linda	18 9:00-10:00am Piyo/Meghan 5:00-5:50pm Box/Jenna	19 9:00-10:00 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	20 9:00-10:00am PiYo/Meghan	21 9:00-10:00am Box/Jenna	22 NO CLASSES – PLEASE JOIN US AT THRIVE FIT FEST AT THE CAPITAL CITY AIRPORT

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
	9:00-10:00 Box/Jenna	9:00-10:00am PiYo/Meghan	9:00-10:00 Box/Jenna	9:00-10:00am PiYo/Meghan	9:00-10:00am Box/Jenna	7:00-7:30am Aerial Fitness/Melissa
30	5:30-6:15pm Aerial Fitness/Melissa	5:00-5:50pm Box/Jenna	5:30-6:30pm PiYo/Cate			7:45-8:30am Yoga/Karen
Restorative Yoga and Reiki 5:30-6:30pm	6:30-7:15pm Spin&Core/Linda		6:45-7:45pm Aerial for Strength/Melissa			8:45-9:45 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**