

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY                              | FRIDAY  | SATURDAY   |
|--|---|--|---|---------------------------------------|---|--|
| <b>NON MEMBERSHIP STUDIO</b><br><br><b>DISCOUNTED CLASS PASSES</b><br><br><b>SMALL GROUP PERSONAL TRAINING</b>                       | <b>1</b><br>6:45-7:30 Circuit/Cindy<br>9:00-10:00 Box/Jenna<br><br>5:30-6:15pm Aerial Fitness/Melissa<br>6:30-7:15pm Spin&Core/Linda  | <b>2</b><br>9:00-10:00am PiYo/Meghan<br><br>5:00-5:50pm Box/Jenna  | <b>3</b><br>9:00-10:00 Box/Jenna<br><br>6:45-7:45pm Aerial for Strength/Melissa                           | <b>4</b>                              | <b>5</b><br>6:45-7:30am Cycle and Kettlebell/Cindy<br><br>9:00-10:00am Box/Jenna  | <b>6</b><br>7:45-8:30am Yoga/Karen<br>8:45-9:45 Box/Karen  |
| <b>7</b><br><b>SMALL GROUP TRAINING PERSONAL TRAINING \$15/session</b><br>5am, 8am and 5:00pm<br>Contact Kelly for specific schedule | <b>8</b><br>6:45-7:30 Circuit/Cindy<br>9:00-10:00 Box/Jenna<br><br>5:30-6:15pm Aerial Fitness/Melissa<br>6:30-7:15pm Spin&Core/Linda  | <b>9</b><br>9:00-10:00am PiYo/Meghan<br><br>5:00-5:50pm Box/Jenna  | <b>10</b><br>9:00-10:00 Box/Jenna<br><br>6:45-7:45pm Aerial for Strength/Melissa                          | <b>11</b><br>9:00-10:00am PiYo/Meghan | <b>12</b><br>6:45-7:30am Cycle and Kettlebell/Cindy<br><br>9:00-10:00am Box/Jenna | <b>13</b><br>7:00-7:30am Aerial Fitness/Melissa<br>7:45-8:30am Yoga/Karen                        |
| <b>14</b>  | <b>15</b><br>6:45-7:30 Circuit/Cindy<br>9:00-10:00 Box/Jenna<br><br>5:30-6:15pm Aerial Fitness/Melissa<br>6:30-7:15pm Spin&Core/Linda | <b>16</b><br>9:00-10:00am Piyo/Meghan<br><br>5:00-5:50pm Box/Jenna | <b>17</b><br>9:00-10:00 Box/Jenna<br><br>6:45-7:45pm Aerial for Strength/Melissa                          | <b>18</b><br>9:00-10:00am PiYo/Meghan | <b>19</b><br>6:45-7:30am Cycle and Kettlebell/Cindy<br><br>9:00-10:00am Box/Jenna | <b>20</b><br>7:00-7:30am Aerial Fitness/Melissa<br>7:45-8:30am Yoga/Karen<br>8:45-9:45 Box/Jenna |
| <b>21</b>  | <b>22</b><br>6:45-7:30 Circuit/Cindy<br>9:00-10:00 Box/Jenna<br><br>5:30-6:15pm Aerial Fitness/Melissa<br>6:30-7:15pm Spin&Core/Linda | <b>23</b><br>5:00-5:50pm Box/Jenna                                 | <b>24</b><br>9:00-10:00 Box/Jenna<br><br>5:30-6:30pm PiYo/Cate<br>6:45-7:45pm Aerial for Strength/Melissa | <b>25</b>                             | <b>26</b><br>6:45-7:30am Cycle and Kettlebell/Cindy<br><br>9:00-10:00am Box/Jenna | <b>27</b><br>7:00-7:30am Aerial Fitness/Melissa<br>7:45-8:30am Yoga/Karen<br>8:45-9:45 Box/Jenna |

| SUNDAY | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|----------|--------|----------|
| 28     | 29<br>6:45-7:30 Circuit/Cindy<br>9:00-10:00 Box/Jenna<br><br>5:30-6:15pm Aerial<br>Fitness/Melissa<br>6:30-7:15pm<br>Spin&Core/Linda | 30<br>9:00-10:00am<br>Piyo/Meghan<br><br>5:00-5:50pm Box/Jenna | 31<br>9:00-10:00 Box/Jenna<br><br>6:45-7:45pm Aerial for<br>Strength/Melissa |          |        |          |

**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**