

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna 5:30-6:15pm Aerial Fitness/Melissa 6:30-7:15pm Spin&Core/Linda	27 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	28 9:00-10:00 Box/Jenna 6:45-7:45pm Aerial for Strength/Melissa	29 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	30 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00 Box/Jenna	31 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**