

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NON MEMBERSHIP STUDIO DISCOUNTED CLASS PASSES SMALL GROUP PERSONAL TRAINING	2	3 9:15-10:00am PiYo/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	4 7:00-8:00am Beginner Yoga	5 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	6 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna	7 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Karen 10:45-11:45am Aerial Yoga/Melissa
8 SMALL GROUP TRAINING PERSONAL TRAINING \$15/session 5am, 8am and 5:00pm Contact Kelly for specific schedule	9 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa 6:30-7:15pm Spin&Core/Linda	10 9:15-10:00am PiYo/Meghan 10:15-11:00am Feldenkrais/Renee 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	11 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Jenna 5:30-6:30 PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa	12 10:00-11:00am Feldenkrais/Renee 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	13 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna	14 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Jenna
15 SILVER & FIT Times: Mondays 11:30am Tuesday/Thurs 4:30pm Also included is the Beginner Yoga, Pranayama Breathing classes, and Babies & Barbells	16 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa 6:30-7:15pm Spin&Core/Linda	17 8:00-8:45am HITT/Meghan 9:15-10:00am PiYo/Meghan 10:00-11:00am Feldenkrais/Renee 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	18 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Jenna 5:30-6:30 PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa	19 8:00-8:45am HITT/Meghan 9:15-10:00am PiYo/Meghan 6:30-7:30pm Pound/Kim	20 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna	21 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa
22	23 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa 6:30-7:15pm Spin&Core/Linda	24 8:00-8:45am HITT/Meghan 9:15-10:00am PiYo/Meghan 10:15-11:00am Feldenkrais/Renee 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	25 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Jenna 10:15-11:00am Baby & Barbells/Nicole 5:30-6:30pm PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa	26 8:00-8:45am HITT/Meghan 9:15-10:00am PiYo/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	27 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna 10:15-11:00am Babies & Barbells/Nicole	28 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa 6:30-7:15pm Spin&Core/Linda					

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**