

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NON MEMBERSHIP STUDIO DISCOUNTED CLASS PASSES SMALL GROUP PERSONAL TRAINING</p>		<p>1 10:15-11:00am Feldenkrais/Renee 4:15-5:00pm Spin/Linda 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim</p>	<p>2 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Jenna 12:00-12:45 Box/Meghan 5:30-6:30 PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa</p>	<p>3 12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:00pm FREE STRONG 30/Kim</p>	<p>4 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna</p>	<p>5 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Karen 10:45-11:45am Aerial Yoga/Melissa</p>
<p>6 SMALL GROUP TRAINING PERSONAL TRAINING \$15/session 5am, 8am and 5:00pm Contact Kelly for specific schedule</p>	<p>7 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</p>	<p>8 10:15-11:00am Feldenkrais/Renee 12:00-12:45 Chisel&Burn/Meghan 4:15-5:00pm Spin/Linda 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim</p>	<p>9 9:00-10:00 Box/Jenna 12:00-12:45 Box/Meghan 5:30-6:30 PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa</p>	<p>10 12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:00pm STRONG 30/Kim</p>	<p>11 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna</p>	<p>12</p>
<p>13 SILVER & FIT Times: Mondays 11:30am Tuesday/Thurs 4:30pm Also included is the Beginner Yoga and Pranayama Breathing classes</p>	<p>14 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Jenna 5:30-6:15pm Aerial Fitness/Melissa</p>	<p>15 9:15-10 PiYo/Meghan 10:15-11:00am Feldenkrais/Renee 12:00-12:45 Chisel&Burn/Meghan 4:15-5:00pm Spin/Linda 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim</p>	<p>16 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Jenna 12:00-12:45 Box/Meghan 5:30-6:30 PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa</p>	<p>17 9:15-10 PiYo/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:00pm STRONG 30/Kim</p>	<p>18 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna</p>	<p>19 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Jenna 10:45-11:45am Aerial Yoga/Melissa</p>
<p>20</p>	<p>21 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</p>	<p>22 9:15-10 PiYo/Meghan 10:15-11am Feldenkrais/Renee 12-12:45 Chisel&Burn/Meghan 4:15-5:00pm Spin/Linda 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim</p>	<p>23 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Jenna 12:00-12:45 Box/Meghan 5:30-6:30pm PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa</p>	<p>24 9:15-10 PiYo/Meghan 12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:00pm STRONG 30/Kim</p>	<p>25 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Jenna</p>	<p>26 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Jenna</p>

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 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	29 9:15-10 PiYo/Meghan 10:15-11:00am Feldenkrais/Renee 12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	30 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Jenna 12:00-12:45 Box/Meghan 5:30-6:30pm PiYo/Cate 6:45-7:45pm Aerial for Strength/Melissa	31 9:15-10 PiYo/Meghan 12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:00pm STRONG 30/Kim		

COST: Box, PiYo, Spin and Yoga are \$10 drop in with punch passes 10 for \$80, Aerial Yoga is \$15/class, Zumba \$3

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. Zumba counts as 1/2 class.

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**