


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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24  6:30-7:00pm STRONG 30/Kim	25 6:45-7:30 Circuit/Cindy  4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa	26 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	27 7:00-8:00am Beginner Yoga  12:00-12:45 Box/Meghan  6:00-7:00pm Aerial for Strength/Melissa	28 	29 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	30 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa

**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**