

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Amy 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa	3 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	4 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Amy 6:00-7:00pm Aerial for Strength/Melissa	5 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	6 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	7 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa
8 6:30-7:00pm STRONG 30/Kim	9 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan 4:15-5:15pm Beginner Yoga/Kelby	10 9:15-10 PiYo/Meghan 12:00-12:45pm Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	11 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Meghan 12:00-12:45 Box/Meghan	12 9:15-10 PiYo/Meghan 12:00-12:45pm Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:00pm STRONG 30/Kim	13 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	14 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Amy
15 6:30-7:00pm STRONG 30/Kim	16 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa	17 9:15-10 PiYo/Meghan 12-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	18 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Meghan 12:00-12:45 Box/Meghan 6:00-7:00pm Aerial for Strength/Melissa	19 9:15-10 PiYo/Meghan 12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Tim	20 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	21 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa
22 6:30-7:00pm STRONG 30/Kim	23 9:00-10:00 Box/Meghan 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa	24	25 	26 9:15-10 PiYo/Meghan 12:00-12:45 Chisel&Burn/Meghan SPECIAL \$10 CLASS: 5:30-6:30pm Kim's GLOW ZUMBA PARTY with door prizes	27 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	28 7:45-8:30 Pranayama Breathing Practice/Kelby 10:45-11:45am Aerial Yoga/Melissa

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 6:30-7:00pm STRONG 30/Kim	30 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan 4:15-5:15pm Beginner Yoga/Kelby 5:30-6:15pm Aerial Fitness/Melissa	31 NOON YEARS EVE PARTY 9:00am-12:30pm Family friendly Classes, Games, Brunch, & 2020 Countdown!!!				

COST: Box, PiYo, Spin and Yoga are \$10 drop in with punch passes 10 for \$80, Aerial Yoga is \$15/class, Zumba \$4

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**