

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 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	3 6:45-7:30am Cycle and Kettlebell/Cindy 9:00- 10:00am Box/Meghan	4 7:45-8:30 Pranayama Breathing Practice/Kelby 10:45-11:45am Aerial Yoga/Melissa
5	6 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan	7 9:15-10 PiYo/Meghan 12:00-12:45pm Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	8 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	9 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	10 6:45-7:30am Cycle and Kettlebell/Cindy 9:00- 10:00am Box/Meghan	11 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Amy
12	13 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan 5:30-6:15pm Aerial Fitness/Melissa	14 9:15-10 PiYo/Meghan 12-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	15 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	16 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	17 6:45-7:30am Cycle and Kettlebell/Cindy 9:00- 10:00am Box/Meghan	18 7:45-8:30 Pranayama Breathing Practice/Kelby 8:45-9:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa
19	20 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan 5:30-6:15pm Aerial Fitness/Melissa	21 9:15-10 PiYo/Meghan 12-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	22 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	23 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	24 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	25 7:45-8:30 Pranayama Breathing Practice/Kelby 10:45-11:45am Aerial Yoga/Melissa

JANUARY 2020
 1051 HUMMEL AVE, LEMOYNE
 (717) 608-7036

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Amy 5:30-6:15pm Aerial Fitness/Melissa	28 9:15-10 PiYo/Meghan 12-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	29 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	30 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	31 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	

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**