

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 7:45-8:30 Yoga/Kelby 8:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa
<b>2</b>	<b>3</b> 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan  5:30-6:15pm Aerial Fitness/Melissa	<b>4</b> 9:15-10 PiYo/Meghan  12:00-12:45pm Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	<b>5</b> 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	<b>6</b> 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	<b>7</b> 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	<b>8</b> 7:45-8:30 Beginner Yoga/Kelby 8:45-9:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa
<b>9</b>	<b>10</b> 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Amy  5:30-6:15pm Aerial Fitness/Melissa	<b>11</b>  5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	<b>12</b> 7:00-8:00am Beginner Yoga 9:00-10:00 Box/Amy  6:00-7:00pm Aerial for Strength/Melissa	<b>13</b>  5:30-6:15pm Zumba/Kim 6:30-7:00pm STRONG 30/Kim	<b>14</b> 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Amy	<b>15</b> 7:45-8:30 Brginner Yoga/Kelby 8:45-9:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa
<b>16</b>	<b>17</b> 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan  5:30-6:15pm Aerial Fitness/Melissa	<b>18</b> 9:15-10 PiYo/Meghan  12-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	<b>19</b> 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	<b>20</b> 9:15-10 PiYo/Meghan  12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Tim	<b>21</b> 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	<b>22</b> 745-8:30 Beginner Yoga/Kelby 8:45-9:45 Box/Amy 10:45-11:45am Aerial Yoga/Melissa

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Amy  5:30-6:15pm Aerial Fitness/Melissa	25 9:15-10 PiYo/Meghan  12-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	26 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	27 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	28 6:45-7:30am Cycle and Kettlebell/Cindy 9:00-10:00am Box/Meghan	29 745-8:30 Beginner Yoga/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 \$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**