

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan  5:30-6:30pm Aerial Fitness/Melissa	3 9:15-10 PiYo/Meghan  12:00-12:45pm Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	4 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	5 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	6 6:45-7:30am Cycle and Kettlebell/Cindy 9:30-10:30am Box/Jenna	7  8:45-9:45 Box/Amy 10:00-11:00am Aerial Yoga Stretch/Melissa
8	9 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan  5:30-6:30pm Aerial Fitness/Melissa	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  6:00-7:00pm Aerial for Strength/Melissa	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 9:30-10:30am Box/Jenna	14 7:45-8:30 Beginner Yoga/Kelby 8:45-9:45 Box/Amy 10:00-11:00am Aerial Yoga Stretch/Melissa
15  Zumba 4-5pm/Tim	16 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Amy  5:30-6:30pm Aerial Fitness/Melissa	17 9:15-10 PiYo/Meghan  12:00-12:45pm Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	18  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  12:00-12:45pm Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:00pm STRONG 30/Kim	20 6:45-7:30am Cycle and Kettlebell/Cindy 9:30-10:30am Box/Jenna  //////////////////// Blacklight Paint and Yoga Party 6:30pm with Karen ////////////////////	21 7:45-8:30 Beginner Yoga/Kelby 8:45-9:45 Box/Meghan 10:00-11:00am Aerial Yoga Stretch/Melissa
22	23 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Meghan  5:30-6:30pm Aerial Fitness/Melissa	24 9:15-10 PiYo/Meghan  12:00-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim	25 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	26 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	27 6:45-7:30am Cycle and Kettlebell/Cindy 9:30-10:30am Box/Jenna	28 7:45-8:30 Beginner Yoga/Kelby 8:45-9:45 Box/Amy 10:00-11:00am Aerial Yoga Stretch/Melissa

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

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29  Zumba 4-5pm/Tim	30 6:45-7:30 Circuit/Cindy 9:00-10:00 Box/Amy  5:30-6:30pm Aerial Fitness/Melissa	31 9:15-10 PiYo/Meghan  12-12:45 Chisel&Burn/Meghan 5:30-6:15pm Zumba/Kim 6:30-7:30pm Pound/Kim				

**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**