



TRAINING DAY	KARATE \$90/MONTHLY	LIL DRAGONS 4-5 Y/O \$90/6 WEEKS	FITNESS PACKAGE \$35/MONTHLY UNLIMITED CLASSES \$12 walk in	MMA \$90/MONTHLY	PERSONAL TRAINING SPORTS & MARTIAL ARTS \$60/HR PREPAY FOR 3 SESSIONS	GYMNASTICS \$60/6WEEKS MARY 717-538-8310 WWW.ETOWNGYMNASTICS.COM
MONDAY	KIDS 5-6PM ADULTS 6:15-7:15PM		INSANITY 6-7PM	7:30-8:30PM		
TUESDAY			COMBAT FITNESS 6-7PM			4:45PM – 5:45PM 4-6Y/O
WEDNESDAY	ALL AGES 5-6PM	5:00-5:45PM	ZUMBA 6:16-7:15PM	7:30-8:30PM		
THURSDAY	KIDS 5-6PM ADULTS 6:15-7:15PM					
FRIDAY			POUND FITNESS 6:00-7:00PM			
SATURDAY			CORE DE FORCE 8:30-9:30AM			10AM... 7-9 Y/O 11AM... 9-14 Y/O
SUNDAY						

Exhale at E-town Yoga Studio, located in same building, parking lot side entrance. Visit our Facebook page for schedule and details!