



CROZER-KEYSTONE  
HEALTHPLEX®  
SPORTS CLUB

# LABOR DAY GROUP FITNESS SCHEDULE 2019

Monday, September 2<sup>nd</sup>

<u>TIME</u>	<u>CLASS</u>	<u>INSTURCTOR</u>
8:00am	Lean Barre	Kathryn
9:30am	Body Pump	Adria
9:30am	Cycle	Jim
9:30am	Yin Vin Yoga	Janice
12:00pm	Aqua XTraining	Jessica

*Aqua Classes in Blue*

**Main Club Hours: 7:00 a.m. – 4:00 p.m.**

Kidz Klub: 8:30 a.m. – 12:00 p.m.

Group Fitness Substitution & Cancellation Hotline: **610.938.2557**

Healthplex Main Number: **610.328.8888**. Website: [www.healthplex.net](http://www.healthplex.net)