



[www.empowertrainingsystems.com](http://www.empowertrainingsystems.com)

276 Granite Run Drive, Lancaster PA | (717)300-0543

## 2025 Class Schedule

Class	Day	Time
	<b>Thursday</b> <b>Friday (FAMILY)</b> <b>Saturday</b> <i>*Saturday class is FREE for all!</i> <i>Followed by EFM Message</i>	<b>7am</b> <b>6:30pm</b> <b>9:00am</b>
	<b>Monday</b> <b>Tuesday</b> <b>Wednesday</b> <b>Thursday</b> <b>Friday</b>	<b>7am &amp; 6pm</b> <b>6am &amp; 9am</b> <b>6pm</b> <b>5am</b> <b>9am</b>
	<b>Wednesday</b> <b>Sunday</b>	<b>6am</b> <b>7am</b>
	<b>Tuesday</b> <b>Thursday</b>	<b>5:45p-6:30p</b>
	<b>Tuesday</b>	<b>6pm</b>
<b>YOGA!</b>	<b>Thursday</b>	<b>8am &amp; 7pm</b>

*\*All classes included with Personal Training Packages*

*\*Please sign up for class using the PushPress Members App & check in upon arrival.*

*\*Detailed class descriptions found at [www.empowertrainingsystems.com](http://www.empowertrainingsystems.com)*

*\*Please allow one hour for class.*

First Class is FREE! Please arrive 5-10 min early to meet the coach and sign a waiver.

\$1/ single class rate | \$115/month unlimited classes | \$130 for a punch card of 10 classes

Every Saturday is always FREE for anyone! Share with your friends!