



www.empowertrainingsystems.com

276 Granite Run Dr.
Lancaster, PA 17601
(717)300-0543

Class Schedule

Class	Day	Time
SPARTA <i>Arrive 10 minutes prior to class if you do not know the current months routine</i>	Thursday Saturday <i>*Saturday class is FREE for all!</i>	6pm 9:45am
Sparta ELEVATE <i>Arrive 10 minutes prior to class if you do not know the current months routine</i>	Tuesday	6pm
Strong	Friday Saturday <i>*Saturday class is half hour</i>	5:45am 9am
Boxing**	Wednesday Saturday	6pm 7:45am
emPOWERed LEAN	Monday Wednesday Sunday	6am 6am 7am
emPOWERed FIT	Tuesday Thursday	6am 5am
emPOWERed OCR	Sunday	2pm
emPOWERed MOVE	Saturday	7am

****All classes included with Personal Training Packages***

Please allow one hour for class.

\$15/ single class rate

\$99/month unlimited classes

\$120 for a punch card of 10 classes

**Boxing class is ran by Theresa Fackler, sub contractor. There's a \$15 class fee for all non-personal training clients to attend boxing class. Free for all personal training clients.