



www.empowertrainingsystems.com

276 Granite Run Drive, Lancaster PA

(717)300-0543

SPRING 2023 Class Schedule

Class	Day	Time
Foundation Clinics <i>*1 Saturday each month is swapped for emPOWERed Fitness Ministry</i>	Saturday <i>*Saturday class is FREE for all!</i>	9:30am
emPOWERed FIT	Monday Tuesday Wednesday Thursday Friday	7am & 6pm 6am & 9am 6pm 5am & 7am 9am & 6pm
emPOWERed LEAN	Wednesday Sunday	6am 7am
Strong Nation®	Friday	6am
emPOWERed OCR	Tuesday Thursday	6pm 6pm

**All classes included with Personal Training Packages*

**Detailed class descriptions found at 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.

\$15/ single class rate

\$99/month unlimited classes

\$120 for a punch card of 10 classes