



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

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

## Class Schedule

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

***\*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.