



www.empowertrainingsystems.com

(717)300-0543

WINTER 2022 Class Schedule

Granite Run Location

276 Granite Run Dr, Lancaster

Class	Day	Time
Foundation Clinics	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	Friday	6am
emPOWERed RYDE	Monday Tuesday Thursday	6am 6pm 6pm

Additional classes offered at the emPowered Obstacle Barn

emPOWERed OCR	Tuesday Thursday	6pm 6pm
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**All classes included with Personal Training Packages*

**Detailed class descriptions found at www.empowertrainingsystems.com*

Please allow one hour for class.

\$15/ single class rate

\$99/month unlimited classes (*includes the Obstacle Barn)

\$120 for a punch card of 10 classes