



# June

2025

## FITNESS

## CLASSES



468 DELAWARE AVE  
PALMERTON

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 6PM - YOGA	3 5:30PM - YOGA 6:30PM - YOGA	4 6PM - KICKBOXING	5 6:15PM - MOVE WITH MAKAYLA	6	7 9AM - CIRCUIT TRAINING
8	9 6PM - KICKBOXING	10 5:30PM - YOGA 6:30PM - YOGA	11 6PM - KICKBOXING	12 5:45PM - MOVE WITH MAKAYLA	13 5:30PM - YOGA (CASH ONLY)	14 9AM - CIRCUIT TRAINING
15	16 6PM - KICKBOXING	17 5:30PM - YOGA 6:30PM - YOGA	18 6PM - CIRCUIT TRAINING	19 5:45PM - TOTAL BODY TRANSFORM	20	21 9AM - CIRCUIT TRAINING
22	23 6PM - KICKBOXING	24 5:30PM - YOGA 6:30PM - YOGA	25 5:30PM - MOVE WITH MAKAYLA	26 5:45PM - MOVE WITH MAKAYLA	27 5:30PM - YOGA (CASH ONLY)	28
29	30 6PM - KICKBOXING		ALL CLASSES ARE \$10 TO PARTICIPATE OR A CLASS CARD MAY BE PURCHASED! NON-MKA STUDENTS      MKA STUDENTS 10 CLASSES / \$75      10 CLASSES / \$65 20 CLASSES / \$140      20 CLASSES / \$120 *FRIDAY NIGHT YOGA NOT INCLUDED FOR CLASS CARDS. CASH ONLY - \$10			