

GROUP TRAINING



THE CENTRE
NITTANY VALLEY SPORTS CENTRE

GROUP FITNESS IN THE TRAINING L.O.F.T.

L.O.F.T. : Love of Fitness & Training!

Group fitness in The Training LOFT at The Centre is for everyone. Come get a great workout in a supportive, welcoming environment. Classes combine strength work and cardio exercise for a complete total-body workout. Our certified personal trainers will guide and motivate you throughout your workout in our bright, energetic 4000 square foot Training LOFT.

For more information contact *Christine*,
our Parisi Speed School Program Director at
cdorman@thecentrepa.com.

★ **DON'T MISS OUT!** Our promotional rate of **\$79**
per month for unlimited classes only lasts until
June 30, 2019.



WEEKLY SCHEDULE

DAY	TIME
Monday	7am 9am
Tuesday	9am 5:15pm
Wednesday	7am 9am
Thursday	9am 5:15pm
Friday	7am 9am

REGISTRATION

COST: **\$15** / CLASS DROP IN RATE
OR **\$79*** / MONTH, UNLIMITED CLASSES
***PROMOTIONAL RATE TILL JUNE 30, 2019**

REGISTER AT: theCentrePA.com



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814-689-1802 | theCentrePA.com

Christine • cdorman@theCentrePA.com.