







# MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NEW PRICES!</b>	<b>\$10</b> Per SESSION	<b>\$99.99</b> per month unlimited access to FORGED & Gold's Gym Camp Hill/Linglestown			1	2
		<b>\$75</b> per month unlimited access to FORGED sessions <small>*Gold's Gym membership sold separately</small>				<b>9 am Harry</b>
3	4	5	6	7	8	9
			<b>6:30 pm Harry</b>	<b>5:30 pm Harry</b>		<b>9 am Harry</b>
10	11	12	13	14	15	16
			<b>6:30 pm Harry</b>	<b>5:30 pm Harry</b>		<b>9 am Harry</b>
17	18	19	20	21	22	23
			<b>6:30 pm Harry</b>	<b>5:30 pm Harry</b>		<b>9 am Harry</b>
24	25	26	27	28	29	30
31			<b>6:30 pm Harry</b>	<b>5:30 pm Harry</b>		<b>9 am Harry</b>

**Jim Czupil, Program Director**

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