

What's Happening?



Zumba Fitness New Class 2022

Starting January 31, 2022, 6:30pm Monday, UCC Dover, [45 West Canal Road, Dover, 17315](#) Beginning new classes for Zumba Fitness. \$30 for 10 weeks, \$5.00 Drop In.

Crunch West York and Crunch East York

Seven Day free passes available for first time visitors. Contact me for more info. trainerpattik@gmail.com

Boom Muscle, Boom Move it.

Our challenges this year will focus on creating and maintaining the state of happiness.

Happiness describes our mental or emotional states including positive or pleasant emotions ranging from contentment to intense joy. It also describes our life satisfaction.

In our group challenges this year, we will achieve life skills to create happiness and how to maintain it. Being happy can be affected by the foods we eat, our environment, and our habits.

One of those habits pertains to our physical well being. We will focus on 7 habits that we can practice and exercise. We will aim at improving cognitive, agility and reflex abilities. Skills that will affect our longevity. Our decision today will determine how we spend the rest of our lives physically. Today is a good day to start. Don't wait before it's too late. The journey back is very difficult, for some, almost impossible.

Boom Mind

Relaxation, Recovery, Meditation and Sleep are so essential as part of our daily lives. These behaviors are just as important as moving physically to lose weight or maintain our health.

Studies have shown sleep affects how well our bodies can efficiently lose weight. It is one of the keys to improving our physical vibrations and feelings of happiness. Join us in learning routines that can improve your sleep habits.

Upcoming Events



January:

Crunch New Routines in Boom Muscle, Boom Move It emphasizing functions in strength and power intensity for slowing the Aging process. Boom Mind improving sleep habits.

Celebration Party for my birthday and welcoming the New Year. January 27th, 2022, 10:30am, Thursday, Crunch East York. Refreshments, Prizes, Party Favors and Birthday Cookies for everyone. Please RSVP text with your name to 717 880 1556. (Optional, Dress in 1920's costume. Art Deco Era)

New Zumba Class, 6:30pm, January 31, 2022, UCC Dover, [45 West Canal Road, Dover, PA](#)

February:

Challenge Sugar Detox, 14 days. Create more energy with changes in eating right.

Challenge with Life skills for Happiness. Create good moods, increase good vibes and changes for stronger mental health.

March:

Olympic Games: Variety of physical equipment and group games to challenge our mental and physical well being.

Class Schedule

Zumba Fitness, UCC Dover, 45 W. Canal Road, Dover, 6:30pm Mondays, starting January 31

\$30 for 10 weeks. \$5.00 Drop in.

Crunch West York, [905 Loucks Road, York, PA](#) Crunch West (717 850 9393)

Boom Muscle : Mondays, Wednesdays, Fridays 10:30 am Boom Move it: Mondays, Wednesdays, 11:00am

Boom Mind: Fridays, 11:00am

Crunch East York, [2435 East Market Street, York, PA](#) Crunch East (717 430 8094)

Boom Muscle: Thursdays, 10:30am and Boom Move it: Thursdays, 11:00am



Crunch Free Seven Day Pass

It's a New Year!! Another opportunity for me to give my best, to do my best for you. Every year I celebrate my students' successes. Their victory is my victory.

2022 will be starting with a party, Happy New Year and my birthday combined.

I would love to dance, have a good laugh and enjoy some good old fashion fun with you.

Hugs, Peace and Love, PattiK

Email me or just say hello, trainerpattik@gmail.com text me 717 880 1556