



HERSHEY GROUP EXERCISE SCHEDULE 2022

MONDAY:

8:00AM - SPIN/CYCLE w. Gavin
8:00AM - SILVER SNEAKERS CLASSIC w. Lynette
9:00AM - STRONG & SWOLE w. Ashley
9:00AM - AQUAFIT w. Nancy
5:45PM - FUEL w. Mikki

TUESDAY:

8:00AM - TOTAL WAR! (kickboxing) w. Marianne
9:00AM - ZUMBA GOLD w. Judy
5:30PM - STRONG & SWOLE w. Sue
5:45PM - AQUAFIT w. Pat

WEDNESDAY:

8:00AM - STRONG & SWOLE w. Marianne
9:00AM - SILVER & FIT w. Lynette
9:00AM - AQUAFIT w. Pat
5:30PM - TOTAL WAR! (kickboxing) w. Michele
6:30PM - YOGA w. Sonya

THURSDAY:

9:00AM - TOTAL WAR! (kickboxing) w. Ashley
10:30AM - SILVER SNEAKERS YOGA w. Linda
5:30PM - STRONG & SWOLE w. Anna
5:45PM - AQUAFIT w. Pat

FRIDAY:

9:00AM - SILVER SNEAKERS CLASSIC w. Lynette

SATURDAY:

8:00AM - STRONG & SWOLE w. Michele
8:30AM - SPIN/CYCLE w. Gavin
9:00AM - TOTAL WAR! (kickboxing) w. Shamatee
10:00AM - YOGA w. Linda

SUNDAY:

9:00AM - TOTAL WAR! (kickboxing) w. Michele

