



HERSHEY GROUP EXERCISE SCHEDULE 2022

MONDAY:

8:00AM – SILVER SNEAKERS CLASSIC w. Lynette
9:00AM – MUSCLE PUMP w. Ashley
9:00AM – AQUAFIT w. Pat
5:45PM – FUEL w. Michelle/Pam

TUESDAY:

9:00AM – ZUMBA GOLD w. Judy
5:30PM - MUSCLE PUMP w. Ashley/Anna
5:45PM – AQUAFIT w. Pat

WEDNESDAY:

8:00AM – MUSCLE PUMP 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
10:15AM – SILVER SNEAKERS YOGA w. Linda
5:30PM – MUSCLE PUMP w. Ashley/Anna
5:45PM – AQUAFIT w. Pat

FRIDAY:

9:00AM – SILVER SNEAKERS CLASSIC w. Lynette

SATURDAY:

8:00AM – MUSCLE PUMP w. Michele
8:30AM – SPIN/CYCLE w. Gavin
9:00AM – TOTAL WAR! (kickboxing) w. Ashley/Michele
10:00AM – YOGA w. Linda

SUNDAY:
NO CLASSES