



HERSHEY GROUP EXERCISE SCHEDULE 2024

MONDAY:

9 – 10am – MUSCLE PUMP w. Ashley
9 – 10am – aquafit w. Teri
10 – 11am - YOGA w. Cindy
4:30 – 7:30pm – float to strokes
5:30 – 6:30 Spin w/Gavin
5:45PM – 6:45pm – FUEL w. Michelle/Pam

TUESDAY:

8 – 9am – Interval w. Marianne (core, stability, strength)
9:00 – 10:00am – Zumba-Gold w. Judy
9:30 – 10:30am – Aquafit w. Joanna
5 – 6pm - BARR w. Lisa
5:45 – 6:45pm –AQUAFIT w. Joanna

WEDNESDAY:

8:00AM – MUSCLE PUMP w. Marianne
9 – 10am – aquafit w. Teri
4:30 – 7:30 – float to strokes
5:30 – 6:30 Spin w/Gavin

THURSDAY:

9 – 10am – BOOT CAMP w. Ashley
9:30 – 10:30am – Aquafit w. Teri
10:15 – 11:15am – SILVER SNEAKERS YOGA w. Linda
5 – 6pm- BARR w. Lisa
5:45 – 6:45pm – AQUAFIT w. Joanna

FRIDAY:

10:15 – 11:15am – SILVER SNEAKER YOGA w. Linda
4:30 – 7:30pm – float to strokes

SATURDAY:

8 – 9am – MUSCLE PUMP w. Ashley
8:30 – 9:30am – SPIN/CYCLE w. Gavin
9 – 10am – Step aerobics w. Shalana & Nicole
9:30 – 10:30am - AQUAFIT w. Joanna
10 – 11am – YOGA w. Cindy/Sydney

SUNDAY:

8 – 9am – step aerobics w. Shalana & Nicole
8:30 – 12:30pm – float to strokes