



Hershey Group Class Schedule

FALL SCHEDULE EFFECTIVE 9/2/26-1/3/26 • SCHEDULE SUBJECT TO CHANGE PER ATTENDANCE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM Kickboxing Michele	8:00AM Muscle Pump Ashley	8:00AM Intervals Marianne	8:00AM Muscle Pump Marianne	8:30AM Bootcamp Ashley	9:00AM Aquafit Terri	8:00AM Muscle Pump Ashley
	9:00AM Aquafit Terri	9:00AM Zumba Gold Judy	9:00AM Aquafit Terri	10:15AM Senior Yoga Linda G.		9:00AM Spinning with Weights Gavin Women's Only
	10:00AM Yoga Cindy	12:00PM Senior Mix Nan		2:00PM Senior Mix Nan		9:00AM Zumba Rogerio
	6:30PM Zumba Rogerio	5:00PM Barrelates Lisa		5:00PM Ride & Define Lisa		10:00AM Yoga Cindy
		5:30PM Aquafit Donna		5:30PM Aquafit Donna		

GYM HOURS:

Monday – Friday
5:00AM – 10:00PM

Saturday & Sunday
7:30AM – 5:30PM

POOL IS RESERVED FOR FLOATS TO STROKES:

Monday, Wednesday, & Friday
4:30PM – 7:30PM
Adult Lessons Wednesday
7:30 – 8:30PM

Sunday
8:30AM – 1:30PM

INSTRUCTOR MEET & GREET
SATURDAY, OCTOBER 3rd
FROM 9-11AM
JOIN US FOR FOOD, MUSIC,
AND FUN WITH OUR TEAM!

PA FITNESS

www.pafitnessclub.com

717-566-9331

Follow us on social media for
any updates or changes!

 PA FITNESS HERSHEY

 PAFITNESS.HERSHEY