

MARCH 19

EVENTS CALENDAR

WE ARE THE FITNESS PROS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Pro of the Month: Vicky Hoekstra						
<p><i>MaXXN class combines strength training and cardio.</i></p> <p><i>F.A.S.T. Functional Athletic Strength Training: Teams Groups and Individuals</i></p>	<p><i>Growing Up Fit Youth Fitness – Under 18</i></p> <p>STRENGTH-Build Muscle</p> <p><i>Diet and Nutrition for Stronger Bodies</i></p> <p><i>Increase Endurance</i></p>	<p><i>Sign Up for classes via Google Docs, trainer or call 513-532-7007.</i></p> <p><i>Go to Hershey Fitness for class information and any updates to the schedule</i></p>	<p>Monthly Specials:</p> <p>PERSONAL TRAINING SESSIONS</p> <p>\$10 off per session for NEW CLIENTS</p> <p>minimum purchase of 10 sessions.</p>		<p>BURN LOWER</p> <p>9:15 am-Amy</p>	<p>STRENGTH</p> <p>8:30 am-Amy</p> <p>Growing Up Fit</p> <p>10:00 am –Stacey</p>
<p>3</p> <p>MaXXN Class</p> <p>8am – Lee</p>	<p>4</p> <p>Upper Body Wt. Training</p> <p>9:15 am- Amy</p> <p>Growing Up Fit</p> <p>4:00pm – Stacey</p> <p>Double Jam</p> <p>6:30 pm-Amy</p>	<p>5</p> <p>Legs and Glutes</p> <p>9:15 am- Amy</p>	<p>6</p> <p>Growing Up Fit</p> <p>4:00pm – Stacey</p> <p>Full Body Step</p> <p>6:30 pm- Amy</p>	<p>7</p> <p>Hard core, cardio</p> <p>9:15 am-Amy</p> <p>F.A.S.T.</p> <p>4:15 pm- Lee</p>	<p>8</p> <p>NO CLASS</p> <p>9:15 am-Amy</p>	<p>9</p> <p>BRING IT 1.15 hrs.</p> <p>8:15 am- Amy</p> <p>Growing Up Fit</p> <p>10:00 am –Stacey</p>
<p>10</p> <p>MaXXN Class</p> <p>8am – Lee</p>	<p>11</p> <p>STRENGTH</p> <p>9:15 am- Amy</p> <p>Growing Up Fit</p> <p>4:00pm – Stacey</p> <p>PUMP N JUMP</p> <p>6:30 pm-Amy</p>	<p>12</p> <p>HIIT Shoulders & Legs</p> <p>9:15 am- Amy</p>	<p>13</p> <p>Growing Up Fit</p> <p>4:00 pm - Stacey</p> <p>¾ Wts. & ¼ Cardio</p> <p>6:30 pm-Amy</p>	<p>14</p> <p>Burn Upper Body</p> <p>9:15 am-Amy</p> <p>F.A.S.T.</p> <p>4:15 pm- Lee</p>	<p>15</p> <p>NO CLASS</p> <p>9:15 am-Amy</p>	<p>16</p> <p>Bootcamp</p> <p>8:30 am-Amy</p> <p>Growing Up Fit</p> <p>10:00 am -Stacey</p>
<p>17</p> <p>MaXXN Class</p> <p>8am – Lee</p>	<p>18</p> <p>Tone the Top Half</p> <p>9:15-am- Amy</p> <p>Growing Up Fit</p> <p>4:00pm – Stacey</p> <p>TRX, Bells/Cardio</p> <p>6:30 pm- Amy</p>	<p>19</p> <p>Kettlebell & Medicine Ball</p> <p>9:15 am-Amy</p>	<p>20</p> <p>Growing Up Fit</p> <p>4:00 pm - Stacey</p> <p>STRENGTH</p> <p>6:30pm- Amy</p>	<p>21</p> <p>Double Jam</p> <p>9:15 am-Amy</p> <p>F.A.S.T.</p> <p>4:15 pm- Lee</p>	<p>22</p> <p>NO CLASS</p> <p>9:15 am-Amy</p>	<p>23</p> <p>Legs & Glutes</p> <p>8:45 am-Amy</p> <p>NO CLASS-</p> <p>Growing Up Fit-</p> <p>10:00 am -Stacey</p> <p>Lee OUT 3/23-4</p>
<p>24</p> <p>NO CLASS 3/24 & 3/31</p> <p>MaXXN Class</p> <p>8am – Lee</p>	<p>25</p> <p>Sculpt</p> <p>9:00 am- Amy</p> <p>NO Class-</p> <p>Growing Up Fit-</p> <p>NO CLASS 6:30 pm-Amy</p>	<p>26</p> <p>NO CLASS</p> <p>9:15 am-Amy</p>	<p>27</p> <p>NO CLASS-</p> <p>Growing Up Fit</p> <p>4:00 pm - Stacey</p> <p>¾ Wts. & ¼ Cardio</p> <p>6:30 pm-Amy</p>	<p>28</p> <p>NO CLASS</p> <p>9:15 am-Amy</p> <p>NO CLASS_ F.A.S.T.</p> <p>4:15 pm- Lee</p>	<p>29</p> <p>Burn Lower Body</p> <p>9:00 am-Amy</p>	<p>30</p> <p>Upper Body Wt. Training</p> <p>8:45 am- Am</p> <p>NO CLASS-</p> <p>Growing Up Fit-</p> <p>10:00 am -Stacey</p>

