

# FEBRUARY 19

## EVENTS CALENDAR

# WE ARE THE FITNESS PROS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fitness Pro of the Month:</b> <b>Cindy "Jeni" Woolum</b> <b>Come Celebrate Health Designs 5<sup>th</sup> Year Anniversary at Our Chilli Cook Off</b>						
					1	2
					<b>BURN LOWER</b> 9:15 am-Amy	<b>STRENGTH</b> 8:30 am-Amy <b>Growing Up Fit</b> 9:30 am – Stacey
3	4	5	6	7	8	9
<b>MaXXN Class</b> 8am – Lee	<b>Step, Full Body</b> 6:30 pm-Amy	<b>Upper and Lower</b> 9:15 am- Amy	<b>Growing Up Fit</b> 1:30pm – Stacey  <b>Medicine Ball</b> 6:30 pm- Amy	<b>HITT/legs &amp; tone</b> 9:15 am-Amy	<b>Pump &amp; Jump</b> 9:15 am-Amy	<b>Mixed Bootcamp</b> 8:30 am- Amy <b>Growing Up Fit</b> 9:30 am – Stacey <b>CHILLI COOK OFF</b> 4pm
10	11	12	13	14	15	16
<b>MaXXN Class</b> 8am – Lee	<b>Legs &amp; Glute</b> 6:30 pm-Amy	<b>Kettelbell w/circuit</b> 9:15 am- Amy	<b>Growing Up Fit</b> 2:30pm - Stacey <b>Tone Top Half</b> 6:30 pm-Amy	<b>Hard core Legs &amp; Glutes</b> 9:15 am-Amy <b>Valentines Day</b>	<b>Burn Upper Body</b> 8:45 am-Amy	<b>HIIT/Cardio</b> 8:00 am-Amy <b>Growing Up Fit</b> 9:30 am - Stacey
17	18	19	20	21	22	23
<b>MaXXN Class</b> 8am – Lee	<b>Presidents Day Pump</b> 9:00 am- Amy <b>Upper Wt. Train</b> 6:30 pm- Amy	<b>TRX + Cardio</b> 9:15 am-Amy	<b>Growing Up Fit</b> 2:30pm - Stacey  <b>Steps, Legs &amp; Glutes</b> 6:30pm- Amy	<b>Pump &amp; Jump</b> 9:15 am-Amy	<b>NO CLASS</b> 9:15 am-Amy	<b>BRING IT!</b> 8:30 am-Amy <b>Growing Up Fit</b> 9:30 am - Stacey
24	25	26	27	28	<b>February Specials</b> PERSONAL TRAINING SESSIONS \$10 off per session for NEW CLIENTS minimum purchase of 10 sessions.	
<b>MaXXN Class</b> 8am – Lee	<b>Double Jam</b> 9:15 am- Amy  <b>Strength</b> 6:30 pm-Amy	<b>Sculpt Full Body</b> 9:15 am-Amy	<b>Growing Up Fit</b> 2:30pm - Stacey  <b>HIIT/Cardio Blast</b> 6:30 pm-Amy	<b>Strength</b> 9:15 am-Amy		

**MaXXN class combines strength training and cardio.**  
**F.A.S.T. Functional Athletic Strength Training: Teams Groups and Individuals**

**8:30 am Classes- Amy**  
**Strength**  
**Mixed Bootcamp**  
**BURN Note Time**  
**Bring IT – RSVP**

**Growing Up Fit Youth Fitness – Under 18**  
**STRENGTH-Build Muscle Diet and Nutrition for Stronger Bodies**  
**Increase Endurance**

**9:15 am Classes- Amy**  
**Burn, Double Jam**  
**Upper and Full Body**  
**HIIT leg w/Tone**  
**Kettelbell w/ Circuit**  
**Hard Core Legs/Glutes**  
**Presidents Pum**

**6:30 pm Classes- Amy**  
**STEP Full Body**  
**Medicine Ball**  
**Legs & Glutes**  
**Tone the top**  
**Upper Body Wts.**  
**Steps, Legs & Glutes**

**Sign Up for classes via Google Docs, trainer or call 513-532-7007.**  
**Go to Hershey Fitness for class information and any updates to the schedule**  
**Mark Calendars for Chilli Cookoff for our 5 year anniversary. 2/9 @ 4 pm**

