

April 19

EVENTS CALENDAR

WE ARE THE FITNESS PROS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Pro of the Month: Kathy Barksdale			Monthly Specials: PERSONAL TRAINING SESSIONS-\$10 off per session for NEW CLIENTS minimum purchase of 10 sessions.			
NO CLASS MaXXN Class 8am – Lee	1 Growing Up Fit 4:00pm – Stacey Pump and Jump 6:30 pm-Amy	2 Upper Body Wt. Training Circuit 9:15 am-Amy	3 Growing Up Fit 4:00pm – Stacey Full Body Step 6:30 pm- Amy	4 F.A.S.T. 4:15 pm- Lee Bootcamp 6:30 pm- Amy	5 Legs and Glutes 9:15 am-Amy	6 Strength 8:30 am- Amy Growing Up Fit 10:00 am –Stacey
7 MaXXN Class 8am – Lee	8 Bootcamp 9:15 am- Amy Growing Up Fit 4:00pm – Stacey Burn Upper Body 6:30 pm-Amy	9 Legs & Glutes Circuit 9:15 am- Amy	10 Growing Up Fit 4:00 pm - Stacey HIIT Legs & Shoulders 6:30 pm-Amy	11 Cardio Blast +Circuit + Abs 9:15 am-Amy F.A.S.T. 4:15 pm- Lee	12 Tone the Top 1/2 9:15 am-Amy	13 Double Jam 8:30 am-Amy Growing Up Fit 10:00 am -Stacey
14 MaXXN Class 8am – Lee	15 Growing Up Fit 4:00pm – Stacey Strength 6:30 pm- Amy	16 Pump & Jump 9:15 am-Amy	17 Growing Up Fit 4:00 pm - Stacey Bootcamp 6:30pm- Amy	18 HIIT/Cardio Blast/ Circuit 9:15 am-Amy F.A.S.T. 4:15 pm- Lee	19 Medicine Ball + Kettlebell Class 9:15 am-Amy	20 Upper Body Weight Training Circuit- 8:30 am - Amy Growing Up Fit 10:00 am -Stacey
21 MaXXN Class 8am – Lee	22 Sculpt 9:15 am- Amy Growing Up Fit- 4:00pm – Stacey Legs & Glutes 6:30 pm-Amy	23 Burn Upper Body 9:15 am-Amy	24 Growing Up Fit 4:00 pm - Stacey Barbell, Cardio, Abs 6:30 pm-Amy	25 HIIT/Cardio Blast/ Circuit 9:15 am-Amy F.A.S.T. 4:15 pm- Lee	26 HIIT Legs & Shoulders 9:15 am-Amy	27 Pump & Jump 8:30 am- Amy Growing Up Fit- 10:00 am -Stacey
28 MaXXN Class 8am – Lee	29 TRX + Dumbbells + Cardio 6:30 pm-Amy	30 Strength 9:15 am- Amy		MaXXN class combines strength training and cardio. F.A.S.T. Functional Athletic Strength Training: Teams Groups and Individuals	Growing Up Fit Youth Fitness – Under 18 STRENGTH-Build Muscle Diet and Nutrition for Stronger Bodies Increase Endurance	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

