

March 2020

WE ARE THE FITNESS PROS

EVENTS CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Pro of the Month MITA PATEL			HEALTH DESIGNS UPDATES FOR SPRING AMY IS OUT MARCH 18TH-26TH LEE IS OUT MARCH 28TH-APRIL 4TH			
1 NO CLASS MaXXN Class 8am – Lee	2 Fitness Class 9:30 pm-Amy Growing Up Fit	3 Fitness Class 1:30 pm- Amy Fitness Class 6:00 pm- Amy	4 Fitness Class 9:30 pm-Amy	5 Fitness Class 6:30 pm- Amy	6 Fitness Class 9:30 pm-Amy	7 Fitness Class 8:45 am- Amy Growing Up Fit 10:00 am –Amy
8 NO CLASS MaXXN Class 8am – Lee	9 Fitness Class 9:30 pm-Amy Growing Up Fit	10 Fitness Class 1:30 pm- Amy Fitness Class 6:00 pm- Amy	11 Fitness Class 9:30 pm-Amy	12 Fitness Class 6:30 pm- Amy	13 Fitness Class 9:30 pm-Amy	14 Fitness Class 8:45 am- Amy Growing Up Fit 10:00 am –Amy
15 MaXXN Class 8am – Lee	16 Fitness Class 9:30 pm-Amy Growing Up Fit	17 Fitness Class 1:30 pm- Amy Fitness Class 6:00 pm- Amy	18 Fitness Class 9:30 pm-Amy	19 Fitness Class 6:30 pm- Amy	20 Fitness Class 9:30 pm-Amy	21 Growing Up Fit 10:00 am –LEE
22 MaXXN Class 8am – Lee	23 Growing Up Fit-LEE	24	25	26 Fitness Class 6:30 pm- Amy	27 Fitness Class 9:30 pm-Amy	28 Fitness Class 8:45 am- Amy Growing Up Fit 10:00 am –Amy
29 NO MaXXN Class 8am – Lee	30 Fitness Class 9:30 pm-Amy Growing Up Fit	31 Fitness Class 1:30 pm- Amy Fitness Class 6:00 pm- 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

