



MARY'S
HEALTH & FITNESS

MTC ATHLETE SCHEDULE

- ✓ Open To In-Season & Out-Of-Season Athletes
- ✓ Led By Certified Personal Trainers
- ✓ Increasing Speed, Agility and Power

CLASS TYPE

LIGHT BLUE - MIDDLE SCHOOL

DARK BLUE - HIGH SCHOOL

SUN

MON

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 (717)298-6117

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 MARYSHEALTHFITNESS

 **MARY'S HEALTH & FITNESS**
309 HOCKERSVILLE RD, HERSHEY, PA 17033

 **MARY'S TRAINING CENTER**
981 BULLFROG VALLEY RD, HUMMELSTOWN, PA 17036