



MARY'S
HEALTH & FITNESS

MTC ATHLETE SCHEDULE

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

CLASS TYPE

LIGHT BLUE - MIDDLE SCHOOL

DARK BLUE - HIGH SCHOOL

MON

TUES

WED

THUR

FRI

HIGH SCHOOL
6:00AM

HIGH SCHOOL
6:00AM

HIGH SCHOOL
6:00AM

HIGH SCHOOL
6:00AM

HIGH SCHOOL
6:00AM

HIGH SCHOOL
3:00PM

HIGH SCHOOL
3:00PM

MIDDLE SCHOOL
4:00PM

MIDDLE SCHOOL
4:00PM

MIDDLE SCHOOL
4:00PM

MIDDLE SCHOOL
4:00PM

HIGH SCHOOL
4:00PM


HIGH SCHOOL
4:00PM

HIGH SCHOOL
4:00PM

HIGH SCHOOL
4:00PM

HIGH SCHOOL
5:00PM

HIGH SCHOOL
5:00PM

 (717)298-6117

 WWW.MARYSHEALTHANDFITNESS.COM

 INFO@MARYSHEALTHANDFITNESS.COM

 MARYSHEALTHFITNESS

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

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