



MARY'S
HEALTH & FITNESS

SMALL GROUP CLASS SCHEDULE


- ✓ 45 Minute Interval Classes
- ✓ Led By Certified Personal Trainers
- ✓ Building Strength With Every Workout

CLASS LOCATION

ORANGE - MARY'S TRAINING CENTER

BLUE - MARY'S HEALTH & FITNESS

MON	TUES	WED	THUR	FRI	SAT
MHF 5:00 AM	MHF 5:30 AM	MTC TURF 5:30 AM	MHF 5:30 AM	MHF 5:30 AM	
	MTC WEIGHT ROOM 7:00 AM		MTC WEIGHT ROOM 7:00 AM		
MHF 7:00 AM	MHF 7:00 AM	MHF 7:00 AM	MHF 7:00 AM	MHF 7:00 AM	MTC WEIGHT ROOM 8:00 AM
MTC WEIGHT ROOM 9:00 AM		MTC WEIGHT ROOM 9:00 AM			MTC WEIGHT ROOM 9:00 AM
MHF 4:00 PM	MHF 4:00 PM	MHF 4:00 PM	MHF 4:00 PM		
MHF 5:00 PM	MHF 5:00 PM	MHF 5:00 PM	MHF 5:00 PM		

 (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