



**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	MHF 8:00 AM
MTC WEIGHT ROOM 9:00 AM	MAT PILATES 9:00 AM	MTC WEIGHT ROOM 9:00 AM	MAT PILATES 7:00 AM		MHF 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

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MARYSHEALTHFITNESS

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