



# Adult Class Schedule

*All fitness levels welcome!*

Small group setting - limited to 10 participants per class

Led by a certified personal trainer

A different class every day - no two weeks are the same!

All In - Unlimited  
\$230/Mo

10 Pack - Pro  
\$180/Mo

8 Pack - Lite  
\$155/Mo

Total Body - Lower Body - Upper Body - Balance - Bodyweight - Bootcamp - Cardio - Cardio & Core - Mobility - METCON & Mobility

## Locations

### MAXIMIZE TRAINING CENTER

981 Bullfrog Valley Rd. Hummelstown, PA 17036

### MAXIMIZE HEALTH AND FITNESS

309 Hockersville Rd. Hershey, PA 17033

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maximizehealthandfitness