



Adult Class Schedule

Summer Edition



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!

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

Locations

MAXIMIZE TRAINING CENTER
981 Bullfrog Valley Rd. Hummelstown, PA 17036

MAXIMIZE HEALTH AND FITNESS
309 Hockersville Rd. Hershey, PA 17033

MON	TUES	WED	THUR	FRI	SAT
MHF 5:30AM	MHF 5:30AM	MHF 5:30AM	MHF 5:30AM	MHF 5:30AM	
MTC 7:00AM	MTC 7:00AM	MTC 7:00AM	MTC 7:00AM	MTC 7:00AM	
MHF 7:00AM	MHF 7:00AM	MHF 7:00AM	MHF 7:00AM	MHF 7:00AM	
MHF 8:00AM				MHF 8:00AM	MHF 8:00AM
		MHF 9:00AM			MHF 9:00AM
MHF 4:00PM	MHF 4:00PM	MHF 4:00PM	MHF 4:00PM		
MHF 5:15PM	MHF 5:15PM	MHF 5:15PM	MHF 5:15PM		

Valid from June 8th - August 21st