

# HERSHEY'S CLASS SCHEDULE

30 E. Granada Avenue | Hershey, PA 17033 | 717.298.6536

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am Boot Camp Blast		5:15am Boot Camp Blast		5:15am Boot Camp Blast	
		5:30am Boot Camp Xpress		5:30am Boot Camp Xpress		
	6:15am Boot Camp Blast		6:15am Boot Camp Blast		6:15am Boot Camp Blast	
		7:30am Boot Camp Xpress		7:30am Boot Camp Xpress		7:30am Boot Camp Blast
	8:00am Power Core Xpress	8:15am POUND®		8:15am Power Core Xpress		8:30am Boot Camp Blast
8:30am Boot Camp Blast	8:30am Cardio Sculpt	9:00am Yoga		9:00am Yoga	8:30am Cardio Sculpt	8:30am Yoga
9:30am Boot Camp Blast	9:30am Boot Camp Blast	9:00am Power Cardio	9:00am Power Strength	9:00am Power Cardio	9:30am Boot Camp Blast	9:30am Boot Camp Blast
		10:30am SilverSneakers	10:00am Boot Camp Blast	10:30am SilverSneakers		
	4:30pm Boot Camp Blast	4:30pm Power Cardio	4:30pm Boot Camp Blast		4:30pm Boot Camp Blast	
	5:30pm Boot Camp Blast	5:30pm Boot Camp Blast	5:30pm Boot Camp Blast	5:30pm Boot Camp Blast		
	5:30pm Yoga	5:30pm Pilates		5:30pm Yoga		
	6:30pm Power Jamz	6:30pm Boot Camp Blast	6:30pm POUND®	6:30pm Boot Camp Blast		

# CLASS DESCRIPTIONS

UP-Upstairs Studio | DOWN-Downstairs Studio

## **Boot Camp Blast (UP)**

Boot Camp Blast provides results through client accountability, increased metabolism, and overall body toning. Class splits focus on specific muscle groups that will shock the body and bring variety to every class. Build a sense of community with partner activities, and leave the workout ready for the next days adventure! Modifications for all fitness levels.

## **Boot Camp XPRESS (UP)**

Simply a 30-minute version of a Boot Camp providing a challenging high-intensity interval training with strength, cardio and plyometric moves. The ultimate in full body workout...done in 30-minutes!

## **Power Strength (UP)**

Strength and resistance training workout designed to gain strength, add muscle definition, increase bone density, and reduce body fat while increasing lean muscle. Strength training is proven to increase lean muscle to the body, help speed up metabolism and burn more calories both while working out and at rest. Great music and group motivation while targeting every major muscle group! Suitable for all levels – individuals choose weight selection.

## **Power Cardio (UP)**

Blast cardiovascular fitness levels through the roof with the best of any type of energizing cardio conditioning the instructor feels like bringing to you! Some classes may be martial arts/kickboxing inspired, some classes high/low impact, some classes sports conditioning – but bottom line, challenge aerobic and anaerobic thresholds every time! Come prepared to sweat, burn fat and empower yourself both physically and mentally! Modifications shown for all fitness levels.

## **Cardio Sculpt (UP)**

Cardio and muscle sculpting through continuous movement. This class is designed to be modified for all fitness levels using both high and low impact choices for a high intensity workout that is sure to burn calories and sculpt muscle simultaneously.

## **SilverSneakers® Classic (UP)**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## **POUND® (UP)**

Cardio jam session inspired by the infectious, energizing & sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

## **Power Core XPRESS (UP)**

The CORE of your body helps with everyday functional activities and aids in injury prevention. This 30-minute class will develop overall core strength from shoulders through glutes and everything in between, allowing you to train harder in other areas of your fitness goals. You will feel the overall core benefits of this class, like no other!

## **Yoga (DOWN)**

Build strength, increase flexibility and improve balance in your life. Put balance, flexibility, strength and mental focus to the test, featuring a carefully structured sequence of yoga and/or pilates inspired postures and movement, coupled with breath and movement. Flowing series of postures may differ from class to class, but all are designed to build flexibility and strength, as well as, enhance mental clarity and provide overall wellness. Each class consists of approximately 45 minutes of active movement, followed by approximately 10 minutes relaxation/meditation.

## **Power Jamz (UP)**

This high-energy jam session combines various forms of dance, fitness and rhythmic music! If you are somebody that likes variety, then you will love the spontaneity of this class. Fusing together different intensities and types of dances and exercises is super effective at masking a total body workout – you will smile, shake and sweat your way to a good mood! No previous dance experience or coordination required.

## **Pilates (DOWN)**

Pilates is a unique system of exercises developed to strengthen & tone muscles, improve posture, provide flexibility, mobility & balance and unite body & mind to help create a goal of overall fitness. Pilates works the muscles deeper within the body, then towards the outside muscle groups, including & involving smaller muscle groups.

**FOR MORE INFORMATION VISIT [POWERTRAINGYM.COM](http://POWERTRAINGYM.COM)**