



<p>August 30</p> <p>8:00 BODYCOMBAT/ Alexa 9:00 Boot Camp/ Chelsea</p>	<p>August 31</p> <p>5:30A Boot Camp/Kim F 9:00A BODYPUMP / Pamra 4:30P Boot Camp/Pamra 5:45P Power Jamz/ Laura</p>	<p>September 1</p> <p>7:30 Boot Camp Xpr/Kim F 9:00A Power Cardio/Kim F 4:30P BODYPUMP /Anna 5:45P Boot Camp/Chelsea</p>	<p>2</p> <p>5:30A BODYPUMP /Michele 7:30A Cardio Sculpt/Justine 9:00A Boot Camp/Justine 4:30P BODYCOMBAT/Marianne 5:45P Boot Camp/Colton</p>	<p>3</p> <p>5:30 Boot Camp Xpr/Kim F 9:00 BODYCOMBAT/Julie 10:30A SS Classic/Julie 4:30P Boot Camp/ Stevie 5:45P BODYPUMP / Mary Jo</p>	<p>4</p> <p>7:30 BODYPUMP / Ashley 9:00A Boot Camp/ Amy</p> <p>No 4:30P Boot Camp Class today Have a great Labor Day weekend!</p>	<p>5</p> <p>7:30A BODYPUMP / Michele 9:00A Boot Camp/ Michele</p> <p>OUTDOOR Classes Market on Chocolate with Power Train: 9:00 Boot Camp/Stevie</p>
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Please NOTE: There are Class and Time changes in the schedule beginning the week after Labor Day!!!

<p>6</p> <p>8:00 BODYCOMBAT/ Alexa</p> <p>No Boot Camp Class today! Have a great Labor Day weekend!</p>	<p>7</p>  <p>Happy Labor Day! From the entire Power Train Gym Staff No child care - No Classes Open 7:00 am - 1:00 pm</p>	<p>8</p> <p>5:30AM Cycle will begin next Tuesday! 9:00A Power Cardio/Kim F 4:30P BODYPUMP /Anna 5:45P Boot Camp/Chelsea</p>	<p>9</p> <p>5:30A BODYPUMP /Michele 8:00A Cardio Sculpt/Justine 9:30A Boot Camp/Justine 4:30P Cycle will begin next Wednesday! 4:30P Body Flow/Pamra 5:45P BODYCOMBAT/Marianne</p>	<p>10</p> <p>5:30 Boot Camp Xpr/Pamra 9:00 BODYCOMBAT/ Ashley 10:30A SS Classic/Kim F 4:30P Boot Camp/ Colton 5:45P BODYPUMP / Mary Jo</p>	<p>11</p> <p>8:00 BODYPUMP / Pamra 9:30A Boot Camp/ Amy 4:30P Boot Camp/Michele</p>	<p>12</p> <p>7:30A BODYPUMP / Anna 9:00A Boot Camp/Laura</p> <p>Saturday Cycle classes will begin next Saturday!</p>
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<p>13</p> <p>8:30*new start time BODYCOMBAT/ Michele</p> <p>Sunday Yoga in-person class AND FB Live class will begin next Sunday!</p>	<p>14</p> <p>5:30A Boot Camp/Kim F 8:00 Cycle/Mary Jo 9:30A BODYPUMP / Ashley 4:30P Boot Camp/Stevie 5:45P Power Jamz/ Laura</p>	<p>15</p> <p>5:30 Cycle/Mary Jo 9:00A Power Cardio/Kim F 4:30P BODYPUMP /Anna 5:45P Boot Camp/Chelsea</p>	<p>16</p> <p>5:30A BODYPUMP /Michele 8:00A Cardio Sculpt/Justine 9:30A Boot Camp/Justine 4:30P Cycle/Lauren 4:30P Body Flow/Pamra 5:45P BODYCOMBAT/Marianne</p>	<p>17</p> <p>5:30 Boot Camp Xpr/Pamra 9:00 BODYCOMBAT/Julie 10:30A SS Classic/Julie 4:30P Boot Camp/ Colton 5:45P BODYPUMP / Mary Jo</p>	<p>18</p> <p>8:00 BODYPUMP / Pamra 9:30A Boot Camp/ Amy 4:30 Boot Camp/Marianne</p>	<p>19</p> <p>7:30A BODYPUMP / Mary Jo 8:30 Cycle/ Mary Jo 9:00A Boot Camp/Stevie</p>
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<p>20</p> <p>8:30 BODYCOMBAT/ Ashley 10:30 Yoga** Teresa **Sunday yoga class will also be available on Power Train Gym's FB page as a LIVE class!</p>	<p>21</p> <p>5:30A Boot Camp/Kim F 8:00 Cycle/Tanja 9:30A BODYPUMP / Ashley 4:30P Boot Camp/Chelsea 5:45P Power Jamz/ Laura</p>	<p>22</p> <p>5:30 Cycle/Michele 9:00A Power Cardio/Kim F 4:30P BODYPUMP /Anna 5:45P Boot Camp/Chelsea</p>	<p>23</p> <p>5:30A BODYPUMP /Michele 8:00A Cardio Sculpt/Justine 9:30A Boot Camp/Justine 4:30P Cycle/Lauren 4:30P Body Flow/Pamra 5:45P BODYCOMBAT/Marianne</p>	<p>24</p> <p>5:30 Boot Camp Xpr/Pamra 9:00 BODYCOMBAT/Julie 10:30A SS Classic/Julie 4:30P Boot Camp/ Colton 5:45P BODYPUMP / Mary Jo</p>	<p>25</p> <p>8:00 BODYPUMP / Pamra 9:30A Boot Camp/ Amy 4:30P Boot Camp/Michele</p>	<p>26</p> <p>7:30A BODYPUMP / Ashley 8:30 Cycle/Tanja 9:00A Boot Camp/Chelsea</p>
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<p>27</p> <p>8:30 BODYCOMBAT/ Alexa 10:30 Yoga** Teresa **Sunday yoga class will also be available on Power Train Gym's FB page as a LIVE class!</p>	<p>28</p> <p>5:30A Boot Camp/Kim F 8:00 Cycle/Mary Jo 9:30A BODYPUMP / Ashley 4:30P Boot Camp/Chelsea 5:45P Power Jamz/ Laura</p>	<p>29</p> <p>5:30 Cycle/Michele 9:00A Power Cardio/Kim F 4:30P BODYPUMP /Anna 5:45P Boot Camp/Chelsea</p>	<p>30</p> <p>5:30A BODYPUMP /Michele 8:00A Cardio Sculpt/Justine 9:30A Boot Camp/Justine 4:30P Cycle/Lauren 4:30P Body Flow/Pamra 5:45P BODYCOMBAT/Marianne</p>	<h1>September 2020</h1>  <p>www.powertrainingym.com 30 E Granada Ave Hershey 717.298.6536 Updated as of 8.28.20</p>		
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