

# Workouts are always better with friends...



## UNIVERSITY FITNESS CENTER



**PennState Health**

Milton S. Hershey Medical Center



30 Conference Dr.  
Hershey, PA 17033



[ufcfrontdesk@pennstatehealth.psu.edu](mailto:ufcfrontdesk@pennstatehealth.psu.edu)



717-531-7075

**POUND**  
ROCKOUT. WORKOUT.

**SilverSneakers**  
by Tivity Health

**ZUMBA**  
FITNESS

- UFC membership open to all Penn State Health Employees (all locations)
- Group Fitness Classes included with all memberships
- Current class line-up:
  - Barre
  - BOOM Mind
  - Cycle
  - Kickboxing
  - Muscle Pump
  - POUND
  - SilverSneakers Classic & Circuit
  - Silver Cycle
  - Stretch & Flow Yoga
  - Zumba

[ufc.pennstatehealth.org](http://ufc.pennstatehealth.org)