Workouts are always better with friends...





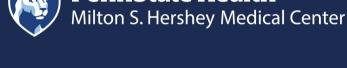












UFC membership open to all Penn State Health Employees (all locations)

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