

# University Fitness Center Programs & Events

JANUARY - MAY  
2025



## ABOUT UFC SPECIALTY CLASSES

Programs and services of the UFC are open to all people eligible for membership. Unless stated otherwise, participation in Specialty classes does not require an active UFC membership. Non-members are welcome to participate in these complementary wellness programs at the non-member rate.

### ***How do these Specialty programs differ from our Group Fitness offerings?***

Our Specialty classes have a defined starting and ending point and are often multi-week sessions, decreasing the intimidation factor of diving into an already established, on-going class. A key focus of each Specialty program is a progressive learning component so participants gain understanding in addition to activity skill-building. Additionally, some Specialty classes may be targeted towards further development of specific training methods or sports skills.

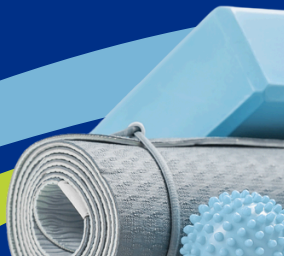
### ***Registration***

Registration for Specialty programs can be done in person at the UFC Front Desk, with a credit card via telephone by calling 717-531-7075, or on the UFC website at [ufc.pennstatehealth.org](http://ufc.pennstatehealth.org).

Unless indicated otherwise, registration for each program will close one-week prior to the start date.

### ***Refunds***

Regretfully, we are unable to issue any refunds, regardless of circumstances, unless the program or session is cancelled. Please be sure you are committed to taking the entire course and recognize that once registered we are unable to reverse the process.



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## BELLES & BARS

Unlock your strength and confidence in our Belles & Bars workshop! This workshop is designed exclusively for women, to teach the fundamentals of strength training and help you feel comfortable and confident in the weight room. Guided by our experienced female trainer, we will cover the essentials such as proper form and lifting technique. Exercises to address areas such as glutes, abs, and arms will be included. Class size limited to six participants to ensure personalized feedback for each participant.

### Workshop Highlights:

- Build your confidence and learn how to navigate the weight room better
- Hands-on guidance from our experienced female exercise physiologist
- Education on safe and effective weight training practices
- Perfect for any age group and all fitness levels

Thursday  
6:15 – 7:30 p.m.  
March 13  
May 29

\$25 for UFC Members  
\$40 for Non-members  
Instructor: Lindsay McFeaters



## EVERYDAY STRENGTH

Are you new to the gym or just getting back into a routine? Do you struggle with everyday tasks such as carrying groceries, climbing stairs, or lifting kids or grandchildren? This 4-week program focuses on functional fitness to make everyday activities easier. Beginners or those who need to refresh their skills will benefit from the focus on moving more efficiently while increasing strength and confidence. Led by an exercise physiologist, each session will emphasize proper form during strength training plus balance, agility, and mobility exercises translating directly to real-life tasks. The small group size, limited to 8 participants, ensures personalized feedback, with workouts building progressively week-by-week to help develop a solid foundation.

4-Week Session:  
Thursdays  
March 27 - April 17  
April 24 - May 15  
1:00 - 1:45 p.m.

\$45 for UFC Members  
\$60 for Non-members  
Instructor: Lindsay McFeaters



## FREE WEIGHTS 101

Come learn the benefits of free weight training in this FREE for members workshop. With instruction from our exercise physiologists you will build a solid foundation to improve your overall fitness and learn correct form and technique in this foundational level program. Class size is limited to 10 participants for hands-on learning.

- Perfect for beginners, members with limited free weight experience, or members wanting a refresher

Sundays

January 19

March 2

April 13

May 25

8:30 - 9:30 a.m.

FREE for UFC Members

Instructor: UFC Exercise Physiologist



## INTRO/BEGINNER PICKLEBALL WORKSHOPS

Join our introductory/beginner Pickleball workshops instructed by Joshua Stouffer, IPTPA Level One Instructional Coach. Enjoy an exciting two-hour workshop designed for those who have never played before or those who want to learn the basic fundamentals. We will cover the rules, scoring, how to play with a partner, strategy drills, and follow-up with supervised live play to immediately put these newfound skills to use. All equipment is provided. Each workshop is limited to eight people so register today for one of these upcoming dates.

Saturdays  
8:30 - 10:30 a.m.  
March 8  
April 5  
May 3

Each Workshop:  
\$25 for UFC Members  
\$40 for Non-members  
Instructor: Joshua Stouffer



## INTERMEDIATE/ADVANCED PICKLEBALL WORKSHOP

Join our Intermediate/Advanced Pickleball workshops instructed by Joshua Stouffer, IPTPA Level One Instructional Coach. This informative two-hour workshop is designed for those who have mastered the basics and are ready to expand their skills. It focuses on refining foundational techniques like consistent serves, returns, and volleys while introducing intermediate concepts, such as dinking, basic strategy and court positioning. Participants practice through structure drills and gameplay scenarios. All equipment is provided. Just bring yourself for a fantastic fun filled learning experience. This workshop is limited to eight people so register today.

Saturday

8:30 - 10:30 a.m.

April 19

\$25 for UFC Members, \$40 for Non-members

Instructor: Joshua Stouffer





## MINDFULNESS-BASED STRESS REDUCTION

Mindfulness-Based Stress Reduction (MBSR) teaches participants the principles of mindfulness and how to apply these principles to deal more effectively with stress and the demands of daily life. The program consists of body awareness exercises, meditation, gentle yoga, and inquiry (guided discussion) along with daily formal and informal home practices. MBSR is taught in a secular manner.

The first half of each class provides an extended period of practice, incorporating different forms of guided meditation as well as gentle standing and lying down yoga. The second half of each class is dedicated to group discussion (inquiry) - exploring participants' direct experiences with the formal and informal practices being taught during each class as well as their experiences from daily home practice. Each week's practices build upon the previous week's lessons.

\*This program is on Zoom. Participants will need a laptop, smartphone, or tablet with reliable internet connection. A quiet, protected space within the home is recommended.

Mondays

February 3 - March 24: 6:00 - 8:30 p.m.

Saturday Retreat March 15: 9:00 a.m. - 3:30 p.m.

Orientation: Monday January 27 : 6:00 - 8:30 p.m.

Course Fees: \$300, \$200 for Students, Resident Physicians, or  
MBSR Alumni

Scholarships available upon request

Instructors: Tim Riley, MD & Shelly Ungemach, MSW, LSW



## MOVEMENT & THE ALEXANDER TECHNIQUE WORKSHOP

The Alexander Technique is a form of movement re-education that originated over 125 years ago. It is a way of unlearning harmful habits of movement and posture, showing and learning how to move with less stress on the body. This workshop is perfect for those who have experienced repetitive strain injuries, chronic backaches, stiffness, or those who just want to learn how to move with better body awareness and ease in movement.

Thursday April 17  
6:30 - 7:45 p.m.

\$25 for UFC Members, \$40 for Non-Members  
Instructor: Joe Schaefer



## NUTRITION WORKSHOP: AUTOIMMUNE CONDITIONS

Did you know there are more than 80 types of Autoimmune Diseases? In this workshop, Anne will cover what is an autoimmune disease and what can be done. You'll also learn about inflammatory foods and an anti-inflammatory lifestyle. Lastly, she will discuss purposeful movement and you will come away from the workshop with helpful resources for a healthier lifestyle.

Tuesday March 4: 11:00 a.m. - 12:00 p.m.

Wednesday March 5: 5:30 - 6:30 p.m.

(Same workshop offered twice)


Each Workshop:

\$25 for UFC Members

\$40 for Non-Members

Instructor: Anne Jamison

*Anne is an Integrative Nutrition Health Coach through the Institute for Integrative Nutrition and a National Academy of Sports Medicine Certified Nutrition Coach.*



AUTOIMMUNE  
DISEASE



## NUTRITION WORKSHOP: DO MACROS MATTER?

What do you know about macronutrients? Come learn about protein, fats, carbohydrates and what they mean for you. Anne will address these following areas:

- What do macronutrients do?
- Who needs more protein?
- Are carbohydrates bad?
- Does fat make you fat?

Tuesday April 1: 11:00 a.m. - 12:00 p.m.  
Wednesday April 2: 5:30 - 6:30 p.m.  
(Same workshop offered twice)

Each Workshop:  
\$25 for UFC Members  
\$40 for Non-Members  
Instructor: Anne Jamison

*Anne is an Integrative Nutrition Health Coach through the Institute for Integrative Nutrition and a National Academy of Sports Medicine Certified Nutrition Coach.*



## **NUTRITION WORKSHOP: SIX STEPS TO BETTER HEALTH**

Join Anne for an easy-to-accomplish guide to better your health including:

- Where to begin your health journey?
- What you should focus on over time?
- Do you have to exercise?
- Learn mindset techniques to keep you on track in any situation

Tuesday February 4: 11:00 a.m. – 12:00 p.m.

Wednesday February 5: 5:30 – 6:30 p.m.

(Same workshop offered twice)

Each Workshop:

\$25 for UFC Members

\$40 for Non-Members

Instructor: Anne Jamison

*Anne is an Integrative Nutrition Health Coach through the Institute for Integrative Nutrition and a National Academy of Sports Medicine Certified Nutrition Coach.*



## **UTAH FITNESS CENTER NUTRITION WORKSHOP: WOMEN'S HEALTH & MENOPAUSE**

A program for women ages 30 and beyond wanting to manage peri-menopause, menopause, stress, and excessive weight gain.

- Hot flashes
- Mood swings
- Hormone replacement therapy
- Stress reduction
- Weight management
- Meaningful movement

Tuesday May 6: 11:00 a.m. - 12:00 p.m.

Wednesday May 7: 5:30 - 6:30 p.m.

(Same workshop offered twice)

Each Workshop:

\$25 for UFC Members

\$40 for Non-Members

Instructor: Anne Jamison

*Anne is an Integrative Nutrition Health Coach through the Institute for Integrative Nutrition and a National Academy of Sports Medicine Certified Nutrition Coach.*



## PICKLEBALL STRENGTH BUILDING WORKSHOP

Whether you're a beginner, an experienced player, or just in it for the fun, strength training can elevate your game. Strength training provides the foundation to meet the dynamic aspects of pickleball, which include: enhancing your power, endurance, and overall performance on the court. This workshop, is designed for all ages and will give you the following tools to help your game:

- Exercises for building functional upper and lower body strength
- Core exercises specific for pickleball
- Specific exercises that will improve flexibility and agility to help prevent injuries.

Saturday April 26  
9:30 - 11:00 a.m.

\$25 for UFC Members, \$40 for Non-Members  
Instructors: Lindsay McFeaters & Rob Mikesell



## PILATES FOR BONE HEALTH WORKSHOP

Observe the people around you – can you spot those who are most likely to have aging or degenerative spines? Do you have a family history of osteoporosis or just concerned about bone health? The Bone Health and Osteoporosis Foundation predicts osteoporotic fracture numbers will reach epidemic levels by 2050 with a large portion of vertebral fractures occurring in those who are untreated or undiagnosed. Increased core and back strengthening, increased flexibility, and improved mobility are just a few reasons to include Pilates training as one aspect of your regular gym routine. This workshop will cover all the do's and don'ts for spine health, as well as unique standing Pilates exercises to incorporate weight bearing movements for improved balance and fall prevention.

Monday May 5  
11:30 a.m. - 12:45 p.m.

\$25 for UFC Members, \$40 for Non-Members  
Instructor: Jen Price





## PILATES - CARDIO JUMPBOARD

Do you love cardio and consider yourself a cardio junkie? Do you consider cardio boring and monotonous? Either way you're going to love this high energy, low-impact full body workout. This workout combines the Pilates Reformer, Pilates jumpboard, and spring tension for a heart-pumping, aerobic workout that's gentle on the joints but high in effectiveness. Take a break from the dread of traditional cardio. This small group class will be limited to only three participants so grab a friend and join Lori for some jumpboard fun!

6-Week Session  
Tuesdays  
April 1 - May 6  
6:30 - 7:30 p.m.

\$185 for UFC Members, \$200 for Non-Members  
Instructor: Lori Chubb



## PILATES FOR GOLF WORKSHOP

Join Lori before you tee off on the upcoming golf season for a fun and informative workshop using Pilates to increase your confidence and improve your golf game. Strengthen your "powerhouse" to drive that ball further down the green. Learn effective stretching techniques to prepare for play and for post-game to relax those worked muscles. Recognizing athletics have a mental component, we will also work the mind body connection for better mental clarity during play - enhancing both your mental and physical game in one workshop.

Wednesday March 19  
6:30 - 7:30 p.m.

\$25 for UFC Members, \$40 for Non-Members  
Instructor: Lori Chubb



## PILATES MATWORK - ALL LEVELS

Matwork is a crucial component in the Pilates Method, using bodyweight and a mat to complete specific exercises. Challenge your control, coordination, and concentration – hallmarks of the Pilates Method – and target those pesky deep core muscles. If you think your core is already strong, come feel the Pilates difference in this invigorating 8-week session with Lori. This class is open to all levels as exercise modifications will be given when appropriate. All participants from beginners to experts will be challenged within their own limits.

Thursdays  
8-Week Session  
January 30 – March 20  
March 27 – May 15  
5:00 – 6:00 p.m.

\$95 for UFC Members, \$110 for Non-Members  
Instructor: Lori Chubb



## PILATES MAT MADNESS

Join Jen for a different kind of March Madness – the Pilates version. In the Pilates community, each day of March represents an exercise (or for some days two exercises) from Joseph Pilates original “Return to Life” matwork order. Each week we will break down the daily exercises for that week. By the conclusion of March, you will be able to take this multi-level mat order anywhere your mat takes you. This class is open to all levels. Advanced exercises will include modifications so everyone can participate and enjoy the fun.

4-Week Session  
Wednesdays  
March 5 – March 26  
12:15 – 1:15 p.m.

\$45 for UFC Members, \$60 for Non-Members  
Instructor: Jen Price



## PILATES FOR PICKLEBALL WORKSHOP

A workshop incorporating the Pilates Method for Pickleball players. Learn a series of controlled precise movements to strengthen your "POWERHOUSE" while increasing your flexibility. Perfect for the beginner to the advanced player.

Wednesday April 16  
6:30 - 7:30 p.m.

\$25 for UFC Members, \$40 for Non-Members  
Instructor: Lori Chubb



## PILATES REFORMER/TOWER FUNDAMENTALS

Already tried Pilates Matwork? Take your progress to the next level in this 4-week class that will introduce you to the benefits of the popular Pilates Reformer and Tower apparatus and spring resistance. We will cover beginner exercises in the classical Pilates system. This class series is for those who have no prior Pilates equipment experience or for those who want a refresher on the foundational exercises on the equipment. If traditional private Pilates training is not an affordable option for you – this is the perfect solution. Our class will be limited to only three participants meaning each participant will benefit from hands-on instruction within a small group atmosphere. Come build a better body from the foundation – the Pilates way.

### 4-Week Sessions:

Wednesdays: 5:30 – 6:30 a.m.  
February 5 – March 5  
(No class 2/26)

Wednesdays: 12:15 – 1:15 p.m.  
April 2 – April 23

Tuesdays: 6:30 – 7:30 pm  
January 28 – February 18  
March 4 – March 25

\$125 for UFC Members  
\$140 for Non-Members

### Instructors:

Jen Price: Morning & Lunch  
Sessions  
Lori Chubb: Evening Sessions



## PILATES REFORMER/TOWER LEVEL 1

Completed our Fundamentals class or have experience from private sessions at the UFC or another Pilates studio? This upcoming 6-week Level 1 class is the progression to take your Pilates practice to the next level. Exercises in this series will build on your fundamental knowledge, making you work deeper, and move with more awareness. Our small group will include only three participants ensuring hands-on instruction with our experienced instructor.

6-Week Sessions:

Wednesdays: 5:30 - 6:30 a.m.

March 19 - April 23

Tuesdays: 5:30 - 6:30 p.m.

January 28 - March 4

March 18 - April 22

\$185 for UFC Members

\$200 for Non-Members

Instructors:

Jen Price (Morning Session)

Lori Chubb (Evening Sessions)



## POWER HOUR

Are you a regular at the gym but aren't seeing results? Join our Power Hour class, a 4-week program led by our exercise physiologist to take your fitness to the next level. Advance your workout with this high-intensity Tabata-style class which combines strength, cardio, balance, and agility exercises to enhance your performance in daily life and at the gym. This class trains your body to move better, feel stronger, and perform at its peak. Enjoy a mix of peer support and hands-on guidance as you push your limits with high intensities and progressive workouts. Class size limited to eight participants for specific feedback for each individual.

### Key Benefits:

- Builds strength, endurance, & agility
- Engages the whole body for better results
- Suitable for all age groups

4-Week Session:

Thursdays

January 30 - February 20

6:30 - 7:15 p.m.

\$45 for UFC Members

\$60 for Non-members

Instructor: Lindsay McFeaters





## **WOMEN: STRENGTHEN YOUR GOLF GAME WITH POWER WORKSHOP**

The women's golf game may seem like a sport that revolves around finesse and precision, but the best women golfers know it's all about power. From driving the ball off the tee, to maintaining control through your golf swing, building strength in the right areas of your body can make all the difference. That's where the weight room comes in. In this workshop you will learn how to:

- Incorporate golf specific strength exercises into your routine.
- Perform dumbbell exercises that will add distance to your shots.
- Add core strengthening exercises to enhance your game.
- Include flexibility exercises that will improve your swing consistency, and reduce your risk of injury.

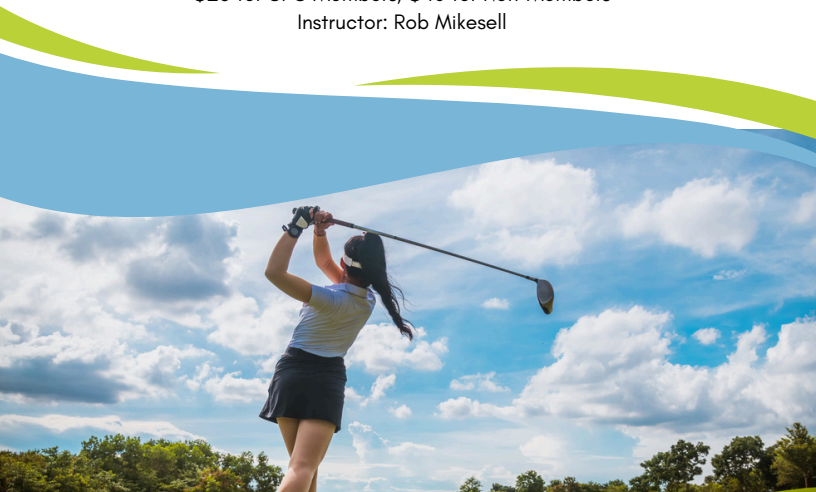
\*Open to all ages and skill levels

Saturday February 8

9:30 - 11:00 a.m.

\$25 for UFC Members; \$40 for Non-Members

Instructor: Rob Mikesell



## HEALTHIER YOU

Whether you are new to fitness or new to the UFC, we're here to help. In our *Healthier You* program, we'll provide the guidance, education, and instruction to help you on the path to achieving your goals and living a healthier lifestyle. The *Healthier You* program is a complimentary (free) program for UFC members offering:

- Four scheduled visits with a UFC Exercise Physiologist
- Discussion of fitness goals, medical history, and exercise history
- Fitness recommendations specific to your goals
- Introduction and instruction on the use of UFC equipment

Already a member and ready to get started towards a new, Healthier You? Contact the UFC Front Desk at (717)531-7075 to schedule your first *Healthier You* session today.



## PATIENT MEMBERSHIPS

Did you know the UFC offers Patient Membership options? Our Patient Memberships are perfect for those who don't fall into our traditional membership categories but would like to join our UFC community.

### **Self-Referred Memberships:**

Our self-referred membership option is available to anyone who is under the care of or being treated by a Penn State Health Physician.

\*A physician clearance may be required based on the patient's medical history and American College of Sports Medicine (ACSM) guidelines.

### **Physician-Referred Memberships:**

Our physician-referred membership option is available to anyone with a written referral from any physician or licensed healthcare provider.

### **Membership Enrollment & Pricing:**

Both our Self-Referred Membership and our Physician-Referred Membership require new members to complete a complementary, one-on-one new member orientation with a UFC Exercise Physiologist to ensure you get started with us on the right track.

#### **Short term:**

- Individual Membership: \$40
- Joint Membership: N/A

#### **Quarterly:**

- Individual membership: \$105
- Joint membership: \$180

#### **Annual:**

- Individual membership: \$400
- Joint membership: \$695



*\*\*Joint memberships are defined as any two eligible members from the same household (inquire for details)*

## PERSONAL TRAINING

Whether you are new to fitness, new to personal training, or looking to train for a specific event or sport - we can help! The University Fitness Center's dedicated training staff will guide you every step of the way.

- One-on-one 30-minute or 1 hour sessions available
- Pay-per-session or packages available
- All new Personal Training clients are required to complete a fitness assessment at the beginning of the personal training process
- \*A physician clearance may be required after review of a new client's medical history

Come reshape your wellness with us! Contact us or visit the UFC website to get started today.



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## PRIVATE PILATES TRAINING

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Do you want to feel better, move better, improve posture and muscular imbalances? Come experience the Pilates difference in Hershey's first fully-equipped classical Pilates studio under the watchful tutelage of our trained instructors.

The Pilates Studio at the UFC has equipment from Peak Pilates and Pilates Designs, specializes in private or duet sessions especially tailored to the needs of our clients.

Whether you are looking for a general health improvement or are concerned about managing a medical condition, we're happy to discuss how Pilates can help you. Come reshape your mind and body with us!

Contact us for more information or visit the UFC website to get started today.





## **PennState Health**

Milton S. Hershey Medical Center

### University Fitness Center

30 Conference Dr.  
Hershey PA 17033

#### *Connect with Us*

717-531-7075  
[ufc.pennstatehealth.org](http://ufc.pennstatehealth.org)  
[@ufcpennstatehealth](https://twitter.com/ufcpennstatehealth)

