



PennState Health
Milton S. Hershey Medical Center

UNIVERSITY FITNESS CENTER



Programs & Events
January – May

2026

PROGRAM LISTING	Page
Beginner Pilates Equipment Fundamentals	4
Brain Health Basics	5
Brain Health for Everyone	6
Free Weights 101	7
Healing Connections - Cancer Support Program	8
Intro to Pickleball Workshop	9
Mindfulness-Based Stress Reduction	10
Pilates for Golf	11
Pilates Mat Madness	12
Pilates Mat Reset Workshop	13
Pilates Reform & Restore	14
Power & Precision: Golf Conditioning Workshops	15
Prehab & Plyos Workshops	16
Running the Race Workshops	17
Strength Starts Here Series: Dumbbell Power Hour	18
Strength Starts Here Series: Own the Big 3	19
Strength Starts Here Series: Resistance Band Power Hour	20

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.

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.



BEGINNER EQUIPMENT FUNDAMENTALS

Pilates



If you're curious about the spring resistance utilized on the popular Pilates Reformer and Tower apparatus, or 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 with the fundamentals – the Pilates way.

4-Week Session:

Wednesday Mornings: 5:30 – 6:30 a.m.

January 21 – February 11

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

Instructor: Jen Price



The brain is the body's most important organ, but did you know it requires a specific type of exercise to stay strong and resilient for a lifetime?

- Is your brain aging faster than it should be?
- Do you feel like you experience memory gaps or brain fog?
- Are you overstressed from the demands of work, family, or everyday life?
- Can you be doing more to protect your brain?

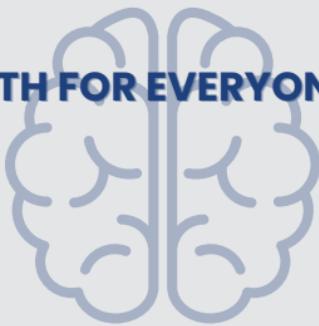
Come get your questions answered in this special FREE class and learn more about the upcoming 4-week, Brain Health for Everyone, class starting in March.

- Wednesday February 18 at 5:00 p.m.
- **FREE**
- Instructor, Rob Mikesell

Email Rob to register for this special session at rfm6@psu.edu.

Brain **HEALTH FOR EVERYONE**

The most important organ in the body needs its own focus.



Come learn specific exercises designed and sequenced to build a healthier, more resilient brain in this 4-week session.

- Learn specific multi-joint, multi-planar exercises that will improve your brain fitness.
- Determine the intensity and amount of exercise you need for a healthier brain.
- Discover how exercise reduces brain inflammation and amyloid plaques, which contribute to the onset of Alzheimer's disease.
- Understand the role between diet and exercise to create a healthier brain.

It's never too soon (or too late) to modify your fitness program and improve your brain's longevity.

4-Week Session:

Wednesdays: 5:00 – 6:00 p.m.
March 4 – March 26

\$45 for UFC Members
\$60 for Non-Members
Instructor: Rob Mikesell

FREE WEIGHTS 101

Workshops



Sundays: 8:30 – 9:30 a.m.

January 18

March 1

April 12

May 24

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 those wanting a refresher*

FREE for UFC Members

Registration required

Instructor: UFC Exercise Physiologist

Healing CONNECTIONS

6-Week Support & Education Series for Cancer Survivors



- COMMUNITY
- SLEEP
- STRESS
- NUTRITION
- EXERCISE

This program supports individuals during or after cancer treatment by promoting whole-body wellness. Each week includes group discussions and educational sessions on key wellness topics such as community, sleep, stress, nutrition, and exercise. Participants receive handouts, practical tips, and tools to build healthy habits in a supportive setting, all aimed at improving quality of life during recovery and survivorship. A friend or family member may join to learn alongside participants and strengthen their ability to help their loved one.

6-Week Session:

Thursdays: 6:00 – 7:00 p.m.
March 5 – April 9

\$70 for UFC Members, \$85 for Non-Members

\$25 for Support Person

Instructor: Julia McAlexander

About the Instructor: Julia has a Bachelor's Degree in Kinesiology, is a certified ACSM-ACS Cancer Exercise Specialist, and holds several holistic health certifications.

INTRO TO Pickleball



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 7

May 9

\$25 for UFC Members

\$40 for Non-Members

Instructor: Joshua Stouffer

About the Instructor: Joshua Stouffer is an International Pickleball Teaching Professional Association (IPTPA) Level One Instructional Coach.

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: 6:00- 8:30 p.m.

Orientation: Monday January 26:

8-Week Session: February 2 - March 23:

Saturday Retreat: March 14: 9:00 a.m. - 3:30 p.m.

Non-Refundable Orientation Fee: \$25

Course Fee: \$300

*\$200 for Penn State College of Medicine Students, Penn State Health Resident Physicians, or MBSR Alumni
Scholarships available upon request

Instructors: Tim Riley, MD, Marnie Aylesworth, D.Ed, &
Shelly Ungemach, MSW, LSW

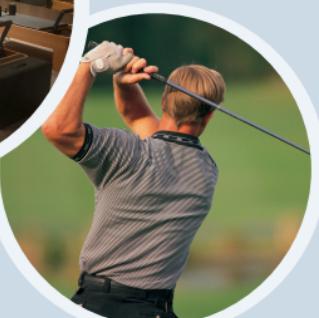
PILATES FOR *Golf*

Golfers, we know you are gearing up to hit the green but what have you done during the winter off-season to stay in top form? Before you tee off on the upcoming season join Jen for this small group equipment class utilizing Pilates equipment for golf specific movements to strengthen your core, decrease muscular imbalances, and improve flexibility to power you through the summer! Limited to only three participants.

4-Week Session:

Wednesday Mornings: 5:30 – 6:30 a.m.
March 4 – March 25

\$125 for UFC Members
\$140 for Non-Members
Instructor: Jen Price



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:

Thursdays: 12:30 – 1:30 p.m.

March 5 – March 26

\$45 for UFC Members, \$60 for Non-Members

Instructor: Jen Price

PILATES MAT *Reset*

Are you bored with Pilates matwork? In this 90-minute workshop we'll explore how the use of small, inexpensive props such as a foam roller, Power Circle, and resistance bands can add an extra layer of intensity to classic Pilates exercises. Pilates experience is recommended.

Saturdays: 9:30 - 11:00 a.m.

February 21

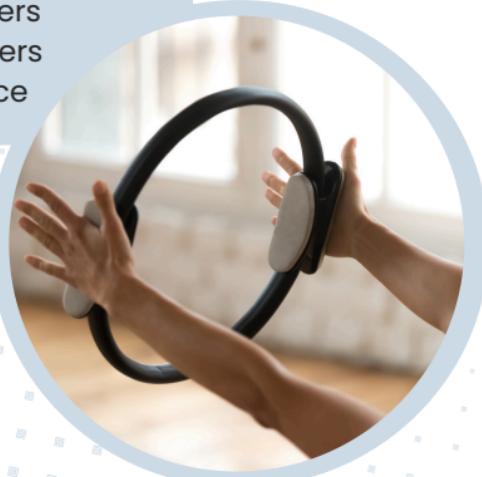
May 2

Each Workshop:

\$25 for UFC Members

\$40 for Non-Members

Instructor: Jen Price



PILATES REFORM & *Restore*



Looking for the perfect blend between mobility and flexibility? Look no further. This 4-week series will use the Pilates Reformer to stretch and strengthen before incorporating the foam roller for self-myofascial release. You'll leave class feeling rejuvenated, restored, and moving with better awareness. Limited to only three participants.

Wednesday Mornings: 5:30 – 6:30 a.m.

April 8 – April 29

Thursday Lunchtime: 12:30 – 1:30 p.m.

January 29 – February 19

April 9 – April 30

\$125 for UFC Members, \$140 for Non-Members
Instructor: Jen Price

Power & Precision: GOLF CONDITIONING WORKSHOPS

Any golfer would love to swing more efficiently, increase shot consistency, and harness more power to drive the ball further. Whether man or woman, these upcoming workshops will focus on gender specific aspects to help elevate your game. Participants will receive a golf exercise handout. Open to all ages and skill levels.

Men:

- Use dumbbells and resistance tubing for golf-specific strength exercises to add distance and power to your shots
- Incorporate core strengthening exercises for improved balance and swing control
- Experience how these exercises will improve your stamina and reduce the risk of injury

Saturday January 24: 9:00 – 10:30 a.m.



Ladies:

- Learn golf-specific warm-up and flexibility exercises to reduce risk of injury
- Master specific strength exercises to improve your drives off the tee and swing consistency
- Supplement your routine with core strengthening exercises to challenge balance and control

Saturday February 7: 9:00 – 10:30 a.m.

Each Workshop:

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

Instructor: Rob Mikesell

Prehab & PLYOS WORKSHOPS

Do your daily activities require a combination of strength and speed? Are you a recreational or competitive athlete looking for more explosiveness and quicker reaction timing in your sport? Plyometric training has become an integral part of functional and sport-specific training as it increases neuromuscular performance through muscle activation and the stretch reflex within a particular range of motion. This high intensity 75-minute workshop will cover a combination of strength and jumping movement patterns for optimal power development. You will leave with tools to incorporate plyometric training into your regular fitness program to increase mobility, decrease pain, and withstand the forces of everyday life and sport.

For Bryan to be able to properly assess each participant's movements this workshop will be limited to 6 participants.

Tuesdays: 6:00 - 7:15 p.m.

February 10

March 10

April 14

\$25 for UFC Members

\$40 for Non-Members

Instructor: Bryan Combaray



Running THE RACE WORKSHOPS

- Do you want to start running or be able to run a 5k without having to stop and walk?
- Are you already an avid runner looking to improve your running time and technique?



Grab your running shoes and register for this treadmill-based workshop. Participants will start by running their current best mile pace allowing Rachel to determine which of two specific training programs, 5k to Finish Line or 5k to Win, will set you up for race success. You will leave the workshop with a structured training plan to use during weeks leading up to your race.

Thursdays: 5:30 p.m.

February 12
March 12
April 9
May 7

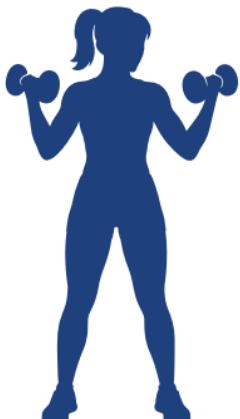
Sundays: 9:00 a.m.

January 11
February 8
March 8

Each Workshop:

\$25 for UFC Members, \$40 for Non-Members
Instructor: Rachel Raby

Strength STARTS HERE: DUMBBELL POWER HOUR WORKSHOPS



Are your dumbbells sitting in a corner collecting dust? Would you like ways to maintain your strength while traveling and using hotel gyms? Do you want to safely learn the fundamentals of working with dumbbells to add variety into your existing strength training routine or get away from relying on the resistance machines? Don't discount what a simple pair of dumbbells can do!

Join Bryan for this dynamic dumbbell workshop where he will cover exercises that are effective and efficient in hitting all the major muscle groups. This workshop is appropriate for all fitness levels, including those who are already familiar with dumbbells but are looking for feedback on technique and form.

Fridays: 5:00 – 6:00 p.m.

February 6

April 17

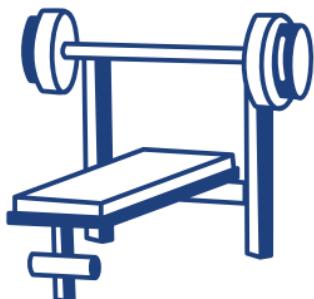
May 8

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

Instructor: Bryan Combaray

Strength STARTS HERE: OWN THE “BIG 3” WORKSHOPS

Dive into the foundational weightlifting movements of the “Big 3”, the squat, the bench press, and the deadlift in this one-hour workshop. Whether you are unsure of how to get started with barbells, do not know proper technique, or just want to feel more comfortable and confident in your barbell skills, this workshop is the perfect start.



Bryan will instruct participants on how to effectively perform each exercise and provide feedback on technique so you can build safe strength training habits with confidence. Appropriate for all fitness levels as modifications will be given if needed. This workshop will be limited to six participants.

Saturdays: 10:30 – 11:30 a.m.

January 17

January 31

February 28

March 28

April 25

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

Instructor: Bryan Combary

Strength STARTS HERE:

RESISTANCE BAND POWER HOUR WORKSHOPS

The humble resistance band is often overlooked in the weight room, but this tiny tool can really pack a punch. Especially effective for glute engagement and shoulder stabilization, resistance bands can be used to improve the strength and range of motion of almost any joint, and are equally appropriate when it comes to improving athletic performance or facilitating injury recovery.

Join this full body workshop with Rachel to learn more about this uniquely portable and complementary tool for enhancing strength and mobility. Appropriate for all fitness levels.



Saturdays: 8:15 – 9:15 a.m.

January 24

February 21

March 21

\$25 for UFC Members

\$40 for Non-Members

Instructor: Rachel Raby

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 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 orientation with a UFC Exercise Physiologist to ensure you get started with us safely and 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
- 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.





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
@ufcpennstatehealth