



PennState Health
Milton S. Hershey Medical Center

UNIVERSITY FITNESS CENTER SPECIALTY CLASSES

February 2026



**February
6**



**Strength Starts Here:
Dumbbell
Power Hour**
5:00 – 6:00 p.m.

**February
18**

**Brain Health Basics
Information Session**
5:00 p.m.
FREE



**February
7**

**Power & Precision:
Golf Conditioning:
Ladies Workshop**
9:00 – 10:30 a.m.



**February
21**

**Strength Starts Here:
Resistance Band
Power Hour**
8:15 – 9:15 a.m.



**February
8**



**Running the Race
Workshop**
9:00 a.m.

**Pilates Mat Reset
Workshop:**
9:30 – 11:00 a.m.



**February
10**

Prehab & Plyos
6:00 – 7:15 p.m.



**February
28**

**Strength
Starts Here:
Own the Big 3
Workshop**
10:30 – 11:30 a.m.



**February
12**



**Running the Race
Workshop:**
5:30 p.m.

***UFC membership is not required to
participate in Specialty Classes.**

**Each workshop is
\$25 for UFC Members or \$40 for Non-Members
(unless noted otherwise)**

University Fitness Center
30 Conference Dr | Hershey PA
717-531-7075 | ufc.pennstatehealth.org | @ufcpennstatehealth

