



Pool Exercise Classes

at Herr's Ridge Rehab (Gettysburg)

60 min-group exercise sessions held in the warm-water pool at Herr's Ridge Rehab located at 820 Chambersburg Road, Gettysburg, PA 17325. Half of the time slot will be for 30-minutes of group exercise instruction by the certified exercise professional, and the other half of 30-minutes for open swim time, or for individual exercise advice from the clinician. (For the class portion, the instructor will show modifications and variations to exercises based on level as needed.)

Registration and payment are online only.

Space is limited. Registration will be first-come, first-serve.

Steps to register:

1. Go to www.wellspan.org/Events
2. Type in the keyword "pool" in the search field.
3. Find the date and time of the class you are interested in and click on the underlined link of the class name to start registration.

Or scan the QR code.



Special Instructions:

All registrations and payment collection will be online through the WellSpan website only, and all are at a per session rate. Individual on-line registration is required for each session date of interest. For assistance, please call 717-339-2545, and ask for Jody Moyer.

Cancellation Policy:

No-shows will not be eligible for refunds. If you need to cancel, please contact jmoyer6@wellspan.org. You will be given a credit to use toward another future pool session, as space is available.