



York - South

**Group Fitness & Cycle Studio Schedule**

**January 2, 2023 – Memorial Day (May)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bike Flight</b> 8:00am Kim P.				<b>Bike Flight</b> 5:45am Kim P.		
	<b>Power Up</b> 9:30am Ryan F.	<b>ZUMBA</b> 8:30am Charlie M.	<b>Power Up</b> 9:30am Ryan F.	<b>ZUMBA</b> 8:30am Charlie M.	<b>Silver &amp; Fit</b> 9:30am Ryan F.	
<b>ZUMBA</b> 1:00pm Charlie M.	<b>CoreXtreme</b> 10:30am Ryan F.		<b>CoreXtreme</b> 10:30am Ryan F.			<b>POUND</b> 10:30am Brooke N.
	<b>Power Up</b> 5:30pm Ryan F.	<b>Bike Flight</b> 5:30pm Kim P.	<b>POUND</b> 5:30pm Brooke N.	<b>ZUMBA</b> 5:30pm Carolina S.		
	<b>ZUMBA</b> 6:30pm Gina N.	<b>YOGALATES</b> 6:00pm Lori N.				

- Classes subject to change.
- Instructors Subject to change.

- Cycle Studio Classes – 30 Minutes
- Group Fitness Classes 30 Minutes - 45 Minutes – 1 Hour



**PA FITNESS**

**York South**

Queensgate Towne Center 2007 Springwood Rd. York, PA 17403

717-741-9529

[www.PAFITNESSCLUB.com](http://www.PAFITNESSCLUB.com)

Facebook – Twitter – Instagram – Google Maps

**Gym Hours:** Monday – Friday 5:00am – 9:00pm      Saturday & Sunday 7:30am – 3:00pm