



York - South

Group Fitness & Cycle Studio Schedule

September 5th, 2022 – January 1st, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bike Flight 8:00am Kim P.				Bike Flight 5:45am Kim P.		
	Power Up 9:30am Ryan F.	ZUMBA 8:30am Charlie M.	Power Up 9:30am Ryan F.	ZUMBA 8:30am Charlie M.	Silver & Fit 9:30am Ryan F.	
ZUMBA 1:00pm Charlie M.	CoreXtreme 10:30am 0am Ryan F.		CoreXtreme 10:30am Ryan F.			
	Power Up 5:30pm Ryan F.	Bike Flight 5:30pm Kim P.	POUND 5:30pm Brooke N.	ZUMBA 5:30pm Carolina S.		
		YOGALATES 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

Facebook – Twitter – Instagram – Google Maps

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