



PA Fitness Galleria Group Fitness Schedule



Cycle Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:15am Amber CYCLE 45		9:30-10:15am Amber CYCLE 45				

Group Fitness Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:15am Kim P. 	9:30-9:30am Amber 	9:30-10:30am Lori N. 	9:00-7:00am Ashley 	9:30-10:15am Amber 	10:30-11:15am Kim Z. 	
	10:30-10:30am Ryan 		10:30-9:30am Amber 			
	11:00-11:00am Kim P. 		10:30-10:30am Ryan 			<p><i>For safety reasons, please take caution if you enter a class more than 5 minutes late. You may injure yourself if you've missed the warm-up.</i></p>
		10:30-6:30pm Khelsea 			<p><i>Please notify the instructor of any physical limitations prior to the start of class.</i></p>	

Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30-11:15am Amber 	10:30-10:15am Amber 	10:30-11:15am Amber 	10:10-10:15am Amber 	10:30-11:15am Amber 		
10:30-12:00pm Amber 		10:30-12:00pm Amber 				
	10:30-6:45pm Latoya 					