



PA Fitness Queensgate Group Fitness Schedule



Group Fitness Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am Ryan POWER UP	8:30-9:30am Charlie ZUMBA	9:30-10:30am Ryan POWER UP	8:30-9:30 am Charlie ZUMBA	9:30-10:15am Ryan Silver&Fit	10:30am Katie ShanLee Shake + Your + Beauty	9:30-10:30am Tammy YOGA
			9:30-10:15am Becky TABATA BOOTCAMP	10:30-11:15am Becky BARPE above	1:15am Brooke POUND NO BODILY TOUCH!	
5:30-6:30pm Jackie POWER UP	6:00-7:00pm Lori YogaLates	5:30-6:15pm Brooke POUND NO BODILY TOUCH!	5:30-6:30pm Darlene POWER UP			1:00-2:00pm Charlie ZUMBA
6:30-7:30pm Darlene GET YOUR GROOVE ON						

Cycle Studio

			5:45-6:15am Kim BIKE FLIGHT			8:00-8:30am Kim BIKE FLIGHT
	5:30-6:00pm Kim BIKE FLIGHT					

KIDS CLUB HOURS

Monday - Saturday
8:30am - 11:30am
Monday - Thursday
4:30pm - 7:30pm



PA FITNESS
QUEENSGATE
2007 SPRINGWOOD RD.
YORK, PA 17403
717-741-9529

GYM HOURS

Monday - Friday
5:00am - 10:00pm
Saturday - Sunday
7:30am - 5:30pm