

PA FITNESS

York Galleria – 2024 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30-10:15AM Amber Cycle45 Cycle Studio	8:30-9:30AM Amber Silver & Fit Group Fitness Studio	9:30-10:15AM Amber Cycle 45 Cycle Studio	8:30-9:15AM Amber Silver & Fit Group Fitness Studio	9:30-10:15AM Amber Silver Yoga Group Fitness Studio	10:30-11:15AM Kim Z. Zumba Group Fitness Studio
	9:30-10:15AM Kim P. Zumba Group Fitness Studio	9:30-10:30AM Ryan Power Up Group Fitness Studio	9:30-10:30AM Lori N. Yoga Group Fitness Studio	9:30-10:30AM Ryan Power Up Group Fitness Studio	10:30-11:15AM Amber Aquafit Pool	
	10:30-11:15AM Amber Aquafit Pool	9:30-10:15AM Amber Aquafit Pool	10:30-11:15AM Amber Aquafit Pool	9:30-10:15AM Amber Aquafit Pool		
	11:30-12:15AM Amber Aquafit Pool	10:30-11:15AM Kim P. Flex Stretch Group Fitness Studio	11:30-12:15AM Amber Aquafit Pool			
		6:00-6:45PM Alex (sub) Zumba Group Fitness Studio				

Revised: 4/4/24