



York Galleria Group Class Schedule

FALL SCHEDULE EFFECTIVE 9/2/26-1/3/26 • SCHEDULE SUBJECT TO CHANGE PER ATTENDANCE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	GYM HOURS: Monday – Friday 5:00AM – 10:00PM Saturday & Sunday 7:30AM – 5:30 PM POOL IS RESERVED FOR BRITISH SWIM SCHOOL: Monday – Thursday 4:00PM – 8:00PM Saturday 9:15AM – 1:15PM INSTRUCTOR MEET & GREET OCTOBER 24TH 9-11AM AT PA FITNESS QUEENSGATE JOIN US FOR FOOD, MUSIC, AND FUN WITH OUR TEAM!
9:30-10:15AM Amber Cycle45 Cycle Studio	8:30-9:15AM 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 Kim P. Power Up Group Fitness Studio	9:30-10:30AM Lori N. Yoga Group Fitness Studio	9:30-10:30AM Jackie 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			
11:30-12:15PM Amber Aquafit Pool	10:30-11:15AM Natalie Aquafit Pool	11:30-12:15PM Amber Aquafit Pool	10:30-11:15AM Natalie Aquafit Pool			
	10:30-11:15AM Kim P. Flex & Stretch Group Fitness Studio					

PA FITNESS

www.pafitnessclub.com

717-900-8862

Follow us on social media for
any updates or changes!

 **FACEBOOK: PA FITNESS YORK GALLERIA**

 **INSTAGRAM: PAFITNESS.GALLERIA**