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
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				

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

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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	
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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		
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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		
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GYM HOURS:

Monday – Friday
5:00AM – 10:00PM

Saturday & Sunday
7:30AM – 5:30 PM

POOL IS RESERVED FOR BRITISH SWIM SCHOOL:

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4:00PM – 8:00PM

Saturday
9:15AM – 1:15PM

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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		
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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		
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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		
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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		
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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		
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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		
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