Queensgate Group Class Schedule

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM Bike Flight Kim	8:30AM Barre Intensity Red	8:30AM Zumba Charlie	9:30AM Power Up Jackie	8:30AM Zumba Charlie	8:30AM Barre Above Becky	8:30AM Step Up Dance Alex
9:30AM Yoga Tammy	9:30AM Body Sculpt Jackie	9:30AM Tabata Bootcamp Jackie	10:30AM Flex & Stretch Jackie	9:30AM Tabata Bootcamp Jackie	9:30AM Silver & Fit Alex	9:30AM Strength Brooke
1:00PM Zumba Charlie	5:30PM Power Up Jackie	5:30PM Bike Flight Kim P.	5:30PM Strength Brooke	5:30PM Movez Darlene		
	6:30PM Movez Darlene	6:00PM Yogalates Lori				

GYM HOURS:

Monday – Friday
5:00AM – 10:00PM

Saturday & Sunday
7:30AM – 5:30PM

KIDS CLUB HOURS:

Monday – Saturday
8:30AM – 11:30AM

Saturday
4:30PM – 7:30PM

PA FITNESS

www.pafitnessclub.com
717-741-9529
Follow us on social media for any updates or changes!

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