

RPM/ SPINNING

MORNINGS	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:30 AM	Bill		Bill		Lydell		
9:00 AM		John		John	Jeni	Rotation	
10:00 AM	1/2 HOUR Jeni						Rotation
EVENINGS	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
4:30 PM		1/2 HOUR Angie		1/2 HOUR Angie			
5:00 PM					Christina		
5:30 PM	Valerie		Susan				
6:00 PM		1/2 hour Dave					

Group Fitness Room

MORNINGS	Tues	Weds	Thurs	Fri	Sat	Sun
8:00AM					Sat morning smack down! Angela	
9:00AM	Becky	Mel	45 min. Instructors choice- cardio	Mel	Becky	Rotation
9:30 AM			CXWORX Jeni/John			Rotation
10:00 AM		Deb	Yoga / Deb	Deb	Ann H	Rotation
10:30 AM	CXWORX John					
11:00AM					Power Yoga	
12:00 PM				new	alternates weekly	or
1:00 PM	Diane		Amy	Deb		
EVENINGS	Mon	Tues	Weds	Thurs	Fri	
4:30 PM	Nicole		Valerie	Nicole	Patience	 3432 East Market St York 755-2639
5:00 PM		Abs/Core Zach				
5:30 PM	Rotation	Christine	Yoga / Deb	Angela	Cheryl	
6:00pm						
6:30 PM	Yoga / Deb	Valerie	Nancy Ann/ Stacia	Valerie		
7:30 PM	Christina	CXWORX 1/2 hour		Abs/Core Zach		

PARENTS: Unless child is a Paid Member -- they are not allowed in Group Fitness during classes

Club hours: Monday - Thursday 5am-10pm, Friday 5am-9pm, Saturday 8am-5pm, Sunday 9am-4pm

Child care hours: (Mornings) Monday- Friday 8:30am - 11:30am, Saturday 8am-12 noon

Child care hours: (Evenings) Monday- Wednesday 4pm - 8:30pm, Thursday 4pm-8pm, Friday 4pm-7:30pm