



## Check out our SCHEDULE!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	CF Class	CF Class	CF Class	CF Class	CF Class	
6:30am	Open Gym					7am Open Gym Begins
9:00am	CF Class	CF Class	CF Class	CF Class	CF Class	
10:15-12	Open Gym					Open Gym Ends @11am
12-3pm	Closed					
3-4:45pm	Open Gym					
4:45pm	CF Class	CF Class	CF Class	CF Class	CF Class	
6:00pm	CF Class	CF Class	CF Class	CF Class	CF Class	

\*CF Class = CrossFit Group Classes. YorkFit is the home of CrossFit White Rose.

\*\*Personal Training and Semi-Private Training Sessions can be scheduled at any time!

\*\*\*To begin your journey, contact [tim@yorkfitpa.com](mailto:tim@yorkfitpa.com)!