



Check out our SCHEDULE!

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

* Class = Group Strength & Conditioning Classes. Thrive with us in this motivating environment.

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

***To begin your journey, contact cait@yorkfitpa.com!