

Stretch for Life
M/W/F
1:30-2

Silver Sneakers
Classic Stretch
T/Th
11-11:30




YORK GENERAL

Wellness Hours:
Monday–Thursday 5am–9pm
Friday 5am–6pm
Saturday 7am–4pm
Sunday 10am–2pm

SUN	MON	TUE	WED	THUR	FRI	SAT
27	28 12:15pm Str Women 1:30pm Stretch 4:00pm Yoga 5:30pm Cycling HIIT	29 9:45am Tai Chi 11:00am SS Stretch 12:15pm Str Women 3:50pm TNT	30 9:00am Pwr Yoga 12:15pm Str Women 1:30pm Stretch 3:30pm Pwr Yoga 5:30pm Be FHIIT	31 9:45am Tai Chi 11:00am SS Stretch Closing early at 4:00 pm	1 Closed 	2
3	4 12:15pm Str Women 1:30pm Stretch 4:00pm Yoga 5:30pm Cycling HIIT	5 9:45am Tai Chi 11:00am SS Stretch 12:15pm Str Women 3:50pm TNT	6 9:00am Pwr Yoga 12:15pm Str Women 1:30pm Stretch 3:30pm Pwr Yoga 5:30pm Be FHIIT	7 9:45 am Tai Chi 11:00am SS Stretch 3:50pm TNT	8 12:15pm Str Women 1:30 Stretch	9
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