






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–4pm

SUN	MON	TUE	WED	THUR	FRI	SAT
31 	1 12:15pm Str Women 1:30pm Stretch 4:00pm Yoga 5:30pm Cycling HIIT	2 9:45am Tai Chi 11:00am SS Stretch 12:15pm Str Women 3:50pm TNT	3 5:30am HIIT A+ 9:00am Power Yoga 12:15pm Str Women 1:30pm Stretch 3:30pm Power Yoga 5:30pm B.E. FHiIT	4 9:45am Tai Chi 11:00am SS Stretch 3:50pm TNT	5 5:30am HIIT A+ 12:15pm Str Women 1:30pm Stretch	6 8:15am Yoga
7	8 12:15pm Str Women 1:30pm Stretch 4:00pm Yoga 5:30 pm Cycling HIIT	9 9:45am Tai Chi 11:00am SS Stretch 12:15pm Str Women 3:50pm TNT	10 5:30am HIIT A+ 9:00am Power Yoga 12:15pm Str Women 1:30pm Stretch 3:30pm Power Yoga 5:30pm B.E. FHiIT	11 9:45am Tai Chi 11:00am SS Stretch 3:50pm TNT	12 5:30am HIIT A+ 12:15pm Str Women 1:30pm Stretch	13 
14	15 12:15pm Str Women 1:30pm Stretch 4:00pm Yoga 5:30pm Cycling HIIT	16 9:45am Tai Chi 11:00am SS Stretch 12:15pm Str Women 3:50pm TNT	17 5:30am HIIT A+ 9:00am Power Yoga 12:15pm Str Women 1:30pm Stretch 3:30pm Power Yoga 5:30pm B.E. FHiIT	18 9:45am Tai Chi 11:00am SS Stretch 3:50pm TNT 	19 5:30am HIIT A+ 12:15pm Str Women 1:30pm Stretch	20 8:15am Yoga
21	22 12:15pm Str Women 1:30pm Stretch 4:00pm Yoga 5:30pm Cycling HIIT	23 9:45am Tai Chi 11:00am SS Stretch 12:15pm Str Women 3:50pm TNT	24 5:30am HIIT A+ 9:00am Power Yoga 12:15pm Str Women 1:30pm Stretch 3:30pm Power Yoga 5:30pm B.E. FHiIT	25 Closed 	26 Open No Classes	27 8:15am Yoga
28 	29 12:15pm Str Women 1:30pm Stretch 4:00pm Yoga 5:30pm Cycling HIIT	30 9:45am Tai Chi 11:00am SS Stretch 12:15pm Str Women 3:50pm TNT	1 5:30am HIIT A+ 9:00am Power Yoga 12:15pm Str Women 1:30pm Stretch 3:30pm Power Yoga 5:30pm B.E. FHiIT	2 9:45am Tai Chi 11:00am SS Stretch 3:50pm TNT	3 5:30am HIIT A+ 12:15pm Str Women 1:30pm Stretch	4 8:15am Yoga 