



Address: 1785 Loucks Road, Rear Entrance, York, Pennsylvania, 17408, United States

Phone: 717-318-3090

Email: memberships@polezenflows.com

SCHEDULE 2025

All Classes 60Mins. & Require Reserving On-Line

Closed on Friday's

****Closed Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve ****

Class	Day	Time
POLEOGRAPHY	Wednesday, Saturday, Sunday	5:15pm=6:15pm/10:30am-11:30am/ 10:30am-11:30am
POLEGA	Tuesday	11:00am - 12:00pm
POLATES	Thursday	11:00am - 12:00pm
POLE – Level 1	Monday, Wednesday	11:00am - 12:00pm
POLE – Level 1	Sunday	12:00pm - 1:00pm
POLE – Level 1	Saturday	1:15pm - 2:15pm
POLE – Level 1	Monday, Tuesday, Thursday	6:30pm - 7:30pm
POLE – Level 2	Monday, Tuesday, Wednesday, Thursday	12:15pm - 1:15pm
POLE – Level 2	Wednesday, Thursday	6:30pm - 7:30pm
POLE – Level 2	Saturday	12:00pm - 1:00pm
TWERK	Tuesday	5:15pm-6:15pm
LIQUID MOTION	Sunday	1:15pm - 2:15pm
CHAIR FLOW	Monday	5:15pm - 6:15pm