



Address: 1785 Loucks Road, Rear Entrance, York, Pennsylvania, 17408, United States
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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	Saturday, Sunday	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	6:30pm - 7:30pm
POLE – Level 2	Saturday	12:00pm - 1:00pm
LIQUID MOTION	Tuesday, Thursday	5:15pm - 6:15pm
LIQUID MOTION	Sunday	1:15pm - 2:15pm
CHAIR FLOW	Monday, Wednesday	5:15pm - 6:15pm