

GreatLIFE Central-LAND CLASSES

225 SW 12th Street (785) 233-1751

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	TaiChi 8:00a-8:45a Aerobics floor (Don)		TaiChi 8:00a-8:45a Aerobics floor (Don)		TaiChi 8:00a-8:45a Aerobics floor (Don)	
	Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)		Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)		Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)	
	Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)	
Lunch hour					Group Exercise Schedules are online at www.greatlifetopeka.com/-fitness-classes	
Evening	Scupt + Cardio 5:30p-6:15p Room C (Dana)		Scupt + Cardio 5:30p-6:15p Room C (Dana)		Aerobics Floor - located in fitness center	
					last update 9/1/2021	

Group Exercise classes open to Fitness Plus, Lifestyle and Play Everything Members

\$5 & \$10 Fitness Only memberships DO NOT include Group Exercise Classes