

# GreatLIFE Central-LAND CLASSES

225 SW 12th Street (785) 233-1751

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	<b>TaiChi</b> 8:00a-8:45a Aerobics floor (Don)		<b>TaiChi</b> 8:00a-8:45a Aerobics floor (Don)		<b>TaiChi</b> 8:00a-8:45a Aerobics floor (Don)	
	<b>Sit &amp; Be Fit</b> 9:00a-9:30a Aerobics Floor (Ramona)		<b>Sit &amp; Be Fit</b> 9:00a-9:30a Aerobics Floor (Ramona)		<b>Sit &amp; Be Fit</b> 9:00a-9:30a Aerobics Floor (Ramona)	
	<b>Move It or Lose It</b> 9:45a-10:30a Aerobics Floor (Ramona)		<b>Move It or Lose It</b> 9:45a-10:30a Aerobics Floor (Ramona)		<b>Move It or Lose It</b> 9:45a-10:30a Aerobics Floor (Ramona)	
Lunch hour					Group Exercise Schedules are online at <a href="http://www.greatlifetopeka.com/-fitness-classes">www.greatlifetopeka.com/-fitness-classes</a>	
Evening	<b>Scupt + Cardio</b> 5:30p-6:15p Room C (Dana)		<b>Scupt + Cardio</b> 5:30p-6:15p Room C (Dana)	<b>Cardio &amp; Strength</b> 6:30p-7:30p Aerobics Floor (Janelle)	Aerobics Floor - located in fitness center	

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

**\$8.99 Fitness Only memberships DO NOT include Group Exercise Classes**