

GreatPLAY_(north YMCA)-Pool & Land Classes

1936 NW Tyler Street (785) 233-9815

POOL OPENS AT 5:30am*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	AquaFIT 8:00a-9:00a Shallow End (Bob)		AquaFIT 8:00a-9:00a Shallow End (Bob)		AquaFIT 8:00a-9:00a Shallow End (Bob)	Water Walking 8:30a-9:30a Deep End (Sally)
	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	
Lunch hour		AquaFIT 11:00a-12:00noon Shallow End (Glennis)		AquaFIT 11:00a-12:00noon Shallow End (Glennis)		
Evening	H2o Go 5:30p-6:30p Shallow End (Sally)	AquaFIT 5:30p-6:30p Deep End (Sally)	H2o Go 5:30p-6:30p Shallow End (Sally)	H2o Go 5:30p-6:30p Shallow End (Sally)		
					Group Exercise Schedules are online at greatlifetopeka.com/fitness	

POOL CLOSSES AT 7:45pm

Group Exercise classes open to Fitness Plus and Play Everything Members

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

