

Performance Center (downtown YMCA)-LAND CLASSES

Performance Center (downtown YMCA) 421 SW VanBuren (785) 354-8591

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		CycleFIT 5:30a-6:30a Sandy	CycleFIT 6:00a-6:45a Room B (Kari)	CycleFIT 5:30a-6:30a Sandy		
	Boxing 5:45a-6:45a Gym C (Brian/Tim)		Boxing 5:45a-6:45a Gym C (Brian/Tim)		Boxing 5:45a-6:45a Gym C (Brian/Tim)	Boxing 9:00a-10:00a Gym C (Damon)
Afternoon						
						Group Exercise Schedules are online at www.greatlifetopeka.com/-fitness-classes
Boxing 5:30p-6:30p Gym C (Damon)	Boxing 5:00p-6:00p Gym C (John)	Boxing 5:30p-6:30p Gym C (Damon)	Boxing 5:00p-6:00p Gym C (John)	Room A - Group Exercise (Upper Level SE Side)		
Evening	CycleFIT 5:30p-6:15p Room B (Jennifer)		CycleFIT 5:30p-6:15p Room B (Jennifer)		Room B - CycleFIT (Lower Level - SE Corner)	
					Room C - Group Exercise (Lower Level-NE Side)	
					Gym A (Upper Level)	
					Gym B (Upper Level)	
	Adult only Basketball Gym A/B 7p-8p	CycleFIT 6:00p-7:00p Room B (Dawn)		CycleFIT 6:00p-7:00p Room B (Dawn)	Gym C (Boxing Arena) - (Lower Level - NW Corner)	
					Group Exercise Schedules are online at www.greatlifetopeka.com/fitness	

Pickleball**-Pickleball courts have been marked across our upper level gyms and available for open play. **AL

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