

GreatLIFE Central-LAND CLASSES

225 SW 12th Street (785) 233-1751

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
			Beginner's Yoga 8:30a - 9:00a Room 101 (Renee)			
	Sit to Be Fit 9:15a-9:45a Aerobics Floor (Renee)		Sit to Be Fit 9:15a-9:45a Aerobics Floor (Renee)		Sit to Be Fit 9:15a-9:45a Aerobics Floor (Renee)	
	Move It or Lose It 9:45a-10:30a Aerobics Floor (Renee)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Renee)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Renee)	
Lunch hour		Core & More 12:15p-1:00p Aerobics Floor (Janelle)			Group Exercise Schedules are online at www.greatlifetopeka.com/fitness-classes	
Evening	Sculpt & Cardio 5:30p-6:15p Aerobics Floor (Dana)		Sculpt & Cardio 5:30p-6:15p Aerobics Floor (Dana)	Cardio & Strength 5:30p-6:30p Aerobics Floor (Janelle)		
	CycleFIT 5:30p-6:15p Basketball Court Jennifer	CycleFIT 6:00p-7:00p Basketball Court Jennifer	CycleFIT 5:30p-6:15p Basketball Court Jennifer	CycleFIT 6:00p-7:00p Basketball Court Jennifer	Aerobics Floor - located in fitness center	