GreatLIFE Berkshire

3720 SW 45th Street (785) 267-7888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	**Cardio & Strength** 5:30a-6:15a Aerobics Studio (Ginger)	**CycleFIT** 5:30a-6:15a Aerobics Studio (Ginger)	**Cardio & Strength** 5:30a-6:15a Aerobics Studio (Ginger)	**CycleFIT** 5:30a-6:15a Aerobics Studio (Ginger)		
			Body Sculpting 9:30a-10:15a Basketball Gym (Bre)			
	FitLIFE 10:30a-11:15a Basketball Gym (Bob)		**FitLIFE** 10:30a-11:15a Basketball Gym (Bob)			
					Conf Room - fitness center - SW Corner	
					Aerobics Studio - fitness center - NW Corner	
Evening	**CycleFIT** 5:30p-6:15p Aerobics Studio (Jodee)	**Dance and Fit** 5:30p-6:15p Basketball Gym (Candace)	**CycleFIT** 5:30p-6:15p Aerobics Studio (Jodee)	**Dance and Fit** 5:30p-6:15p Basketball Gym (Candace)	**Group Exercise Schedules are online at www.greatlifegolf.com/-fitness-classes**	
	Body Sculpting 5:30p-6:15p Basketball Gym (Bre)					

GreatLIFE
Live. Play. Better.