


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

Pool and class schedules are online at www.greatlifegolf.com/-fitness-classes

Performance Center LAND

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		CycleFIT 5:30a-6:30a Sandy	CycleFIT 6:00a-6:45a Kari	CycleFIT 5:30a-6:30a Sandy		
			Zumba 6:00a-6:45a Caitlyn	Zumba 6:00a-6:45a Caitlyn		Zumba 8:45a-9:30a Tamara
Lunch hour	Open Play Pickle Ball 9:00a-11:45a	Open Play Pickle Ball 9:00a-12noon	Open Play Pickle Ball 9:00a-11:45a	Open Play Pickle Ball 9:00a-11:45a	Open Play Pickle Ball 9:00a-11:45a	
	FitLIFE 11:45a-12:30p Bob*	AquaFIT 11:45a-12:30p Mark	FitLIFE 11:45a-12:30p Bob*	AquaFIT 11:45a-12:30p Mark	FitLIFE 11:45a-12:30p Bob*	
Evening			CycleFIT 12noon-12:45p Charles		CycleFIT 12noon-12:45p Charles	
	KickBOXING 5:30p-6:30p Donna	CycleFIT 6:00p- 7:00p Dawn		CycleFIT 6:00p- 7:00p Dawn	Room A - Group Exercise (Lower Level)	
	CycleFIT 5:30p-6:15p Jenny	Self Defense 6:30p-7:30p	CycleFIT 5:30p-6:15p Jenny	Self Defense 6:30p-7:30p	Room B - Group Exercise (Upper Level)	
	H.I.I.T 5:30p-6:15p Dana		H.I.I.T 5:30p-6:15p Dana		Room C - CycleFIT (Upper Level)	
	Zumba 5:30p-6:15p Tamara	KickFIT 5:30p-6:25p Tamara	Zumba 5:30p-6:15p Tamara		Boxing Arena - (Lower Level)	
					Swimming Pool	
					Gym A (Upper Level)	
				Gym B (Upper Level)		
				Gym C (Lower Level, NW Corner)		
					* - class time moving to 11:30a-12:15p beginning April 1	

updated 3-1-19