


# Western Hills

GreatLIFE Western Hills 8533 SW 21st Street (785) 478-4000

Class schedule is online at [www.greatlifegolf.com/fitness-classes](http://www.greatlifegolf.com/fitness-classes)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning		Boxing * 5:45a-6:45a Erica	CycleFit 5:30a-6:30a Mike/Ginger	Boxing * 5:45a-6:45a Erica	CycleFit 5:30a-6:15a Bobbi	Boxing * 5:45a-6:45a Erica		
		Circuit Training 8:15a-9:00a Sherry			CycleFit 8:15a-9:00a Sherry	Cardio & Strength 8:15a-9:00a Sherry	CycleFit 8:15a-9:15a Mike/Ginger	
		Yoga 9:00a-10:00a Sherry	Boxing * 9:00a-10:00a Hannah		Yoga 9:00a-10:00a Sherry	Yoga 9:00a-10:00a Sherry	Boxing * 9:00a-10:00a Erica	
Evening					Golf Strengthening & Conditioning 10:15a-11:15a Sherry		 <div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 5px;">Aerobics Studio</div> <div style="background-color: #00FF00; padding: 5px; margin-bottom: 5px;">Spin Studio</div> <div style="background-color: #6A5ACD; padding: 5px;">Boxing Studio</div>	
		Boxing * 4:00p-5:00p Hannah	Boxing * 4:00p-5:00p Erica	Boxing * 4:00p-5:00p Hannah	Boxing * 4:00p-5:00p Erica	Boxing * 4:00p-5:00p Hannah		
		CycleFit 5:30p-6:30p Mike	Boxing * 5:30p-6:30p Erica	Strength Training 5:30p-6:15p Bobbi	Zumba 5:30p-6:15p Jewel	Boxing * 5:30p-6:30p Erica		Boxing * 5:30p-6:30p Erica
		Zumba 6:30p-7:30p Jen		Strong Zumba 6:25p-7:10p Jewel	Boxing * 5:30p-6:30p Erica			

\* A Play Everything Membership is required for Boxing Classes.

updated 3-1-19