

GreatLIFE YWCA 225 SW 12th (785) 233-1751

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

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Morning	Sit & Be Fit - Ramona 9:00a-9:30a				Sit & Be Fit - Ramona 9:00a-9:30a				Sit & Be Fit - Ramona 9:00a-9:30a		Yoga 9:00a-9:45a	Trancing 8:00a-8:45a
	Tai Chi 9:30a-10:15a Bill				Tai Chi 9:30a-10:15a Bill				Tai Chi 9:30a-10:15a Bill		Rotating Instructor	Lorie
		Move It or Lose It 9:45a-10:30a Ramona				Move It or Lose It 9:45a-10:30a Ramona				Move It or Lose It 9:45a-10:30a Ramona		
Lunch Hour	Step Aerobics 12:15p-1:00p Kathy W	Active Yoga 12:15p-1:00p Cydney	Toning & Core 12:15p-1:00p Janelle	Active Yoga 12:15p-1:00p Margaret	Circuit or Cardio Blast 12:15p-1:00p Kathy W	Active Yoga 12:15p-1:00p Margaret	Circuit or Cardio Blast 12:15p-1:00p Linette L.	Active Yoga 12:15p-1:00p Cydney	<div>GreatLIFE</div> <div>Live. Play. Better.</div>			
Evening		Active Yoga 5:30p-6:30p TaNiqua	Zumba 5:30p-6:15p Caitlyn	Pilates/ Yoga 5:30a-6:30p Denise		Active Yoga 5:30p-6:30p TaNiqua	Cardio Blast 5:30p-6:30p Janelle	Pilates/ Yoga 5:30a-6:30p Denise				
	Body Blast 6:00p-7:00p Lorie		Cardio Blast 6:30p-7:30p Linette L.		Body Blast 6:00p-7:00p Lorie		Zumba 6:30p-7:30p Sara Patry					
<div>The Yoga / Tai Chi Room is north of the weight room.</div>												
<div>The Aerobics Floor is located in the fitness center.</div>												