

**GreatLIFE Berkshire 3720 SW 45th Street (785) 267-7888**

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

**Berkshire**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Strength Training 5:30a-6:15a Ginger	CycleFIT 5:30a-6:15a Ginger/Mike	Strength Training 5:30a-6:15a Ginger	CycleFIT 5:30a-6:15a Ginger		CycleFIT 7:30a-8:15a John
		Active Yoga 9:00a-9:45a Mary		Active Yoga 9:00a-9:45a Mary		Core & More 9:00a-9:45a Bev
	FitLIFE 10:00a-10:45a McKensie		FitLIFE 10:00a-10:45a McKensie			Acitve Yoga 9:00a-10:00a Sherry
Evening	Core & More 5:30p-6:15p Bev	Zumba 5:30p-6:15p Candace	Boot Camp 5:30p-6:15p Bev	Zumba 5:30p-6:15p Candace		
	Active Yoga 6:30p-7:30p Sherry		Active Yoga 6:30p-7:30p Sherry			

**GreatLIFE**  
Live. Play. Better.

Aerobics Studio
Conference Room

updated 2-7-19