


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

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

	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		
	Open Play Pickle Ball Gym 9:00a-11:45a	Open Play Pickle Ball Gym 9:00a-12noon	Open Play Pickle Ball Gym 9:00a-11:45a	Open Play Pickle Ball Gym 9:00a-12noon	Open Play Pickle Ball Gym 9:00a-11:45a	
Lunch hour	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	
			CycleFIT 12noon-12:45p Charles		CycleFIT 12noon-12:45p Charles	
Evening	KickBOXING 5:30p-6:30p Donna	CycleFIT 6:00p- 7:00p Dawn		CycleFIT 6:00p- 7:00p Dawn	Upper Level CycleFIT Room	
	CycleFIT 5:30p-6:15p Jenny		CycleFIT 5:30p-6:15p Jenny		Swimming Pool	
					Group Exercise Room	
					North Racketball Court	

updated 2-5-19