


Western Hills

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

Class schedule is online at www.greatlifegolf.com/fitness-classes

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning		Boxing * 5:45a-6:45a Erika	CycleFit 5:30a-6:30a Mike/Ginger	Boxing * 5:45a-6:45a Erika	CycleFit 5:30a-6:15a Bobbi	Boxing * 5:45a-6:45a Erika		
		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	
		Active Yoga 9:00a-10:00a Sherry	Boxing * 9:00a-10:00a Hannah		Active Yoga 9:00a-10:00a Sherry	Active Yoga 9:00a-10:00a Sherry	Boxing * 9:00a-10:00a Erika	
					Golf Strengthening & Conditioning 10:15a-11:15a Sherry			
Evening		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	 <div style="background-color: #ADD8E6; padding: 5px; margin: 5px;">Aerobics Studio</div> <div style="background-color: #00FF00; padding: 5px; margin: 5px;">Spin Studio</div> <div style="background-color: #6A329F; padding: 5px; margin: 5px;">Boxing Studio</div>	
		CycleFit 5:30p-6:30p Mike	Boxing * 5:30p-6:30p Erika	Strength Training 5:30p-6:15p Bobbi	Boxing * 5:30p-6:30p Erica	Zumba 5:30p-6:15p Jewel		Boxing * 5:30p-6:30p Erika
		Zumba 6:30p-7:30p Jen		Strong Zumba 6:25p-7:10p Jewel	Boxing * 5:30p-6:30p Erica	Boxing * 5:30p-6:30p Erica		Boxing * 5:30p-6:30p Erika

* A Play Everything Membership is required for Boxing Classes.

updated 2-6-19