

GreatPLAY - North YMCA

GreatPLAY - North YMCA 1936 NW Tyler St. (785) 233-9815

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Spin 5:30 - 6:30am Sandy		Spin 5:30 - 6:30am Sandy	
Evening	H.I.I.T 5:30 - 6:15pm Dana	Spin 6:00 - 7:00pm Dawn	H.I.I.T 5:30 - 6:15pm Dana	Spin 6:00 - 7:00pm Dawn	



H.I.I.T. High Intensity Interval Training - is an efficient use of time for getting a full workout of cardio and strength exercises for a full body workout! Everyone welcome!

Spin A spin bike class of high intensity cycling that includes sprints, heavy climbs for strength, and other techniques that target the core. All fitness levels are welcome!