

GreatLIFE YMCA 421 SW VanBuren (785) 354-8591

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

GreatLIFE Performance Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			Spin 6-6:45a Kari			
	Open Play Pickle Ball Gym 9-11:45a	Open Play Pickle Ball Gym 9a-12noon	Open Play Pickle Ball Gym 9-11:45a	Open Play Pickle Ball Gym 9a-12noon	Open Play Pickle Ball Gym 9-11:45a	
Lunch hour	Active Fit 11:45a-12:30p Bob	AquaFIT 11:45-12:30 Mark	Active Fit 11:45a-12:30p Bob	AquaFIT 11:45-12:30 Mark	Active Fit 11:45a-12:30p Bob	
			Spin 12-12:45p Charles		Spin 12-12:45p Charles	
Evening	Kickboxing 5:30-6:30p Donna		Spin 5:30-6:15p Jenni			
		Spin 6-6:45p Jenni		Spin 6-6:45p Jenni		



Active Fit	This is a great mid-level intensity noon hour class to give you a boost of energy on the lunch hour! Variety is a major feature of this class to keep interest and heart rates high!
AquaFit	This aquatics class features a variety of perfect exercises to complete the week of those who also do ActiveFIT. Again, the name of the game is staying active and keeping things interesting.
Kickboxing	Kickboxing class is a combination of self defense and karate, incorporating actual kick and punch techniques for a high intensity workout. It focuses on strengthening, toning, speed, and cardio.
Pickleball	Pickleball courts have been marked out across our upper level gyms and available for open play. Pickleball is a new sport that is just beginning to take Topeka's interest by storm.
Spin	Spin class is a 45-minute indoor cycling class that focuses on mid-level intensity exercise to get your blood pumping!