

# YWCA-LAND CLASSES

GreatLIFE YWCA 225 SW 12th Street (785) 233-1751

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						Trancing 8:00a-8:45a Aerobics Floor (Lori)
	Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)		Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)		Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)	
	Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)	
Lunch hour	Step Aerobics 12:15p-1:00p Aerobics Floor (Janelle)	Core & More 12:15p-1:00p Aerobics Floor (Janelle)	Cardio & Strength 12:15p-1:00p Aerobics Floor (Janelle)	Cardio & Strength 12:15p-1:00p Aerobics Floor (Linette)		
					Aerobics Floor - located in fitness center	
Evening	Body Blast 6:00p-7:00p Aerobics Floor (Lori)	Zumba® 5:30p-6:15p Aerobics Floor (Caitlyn)	Body Blast 6:00p-7:00p Aerobics Floor (Lori)	Cardio & Strength 5:30p-6:30p Aerobics Floor (Janelle)	Pool and class schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a>	

**Group Exercise classes open to Fitness Plus, Lifestyle and Play Everything Members**

*\$10 Fitness Only memberships DO NOT include Group Exercise Classes*