

GreatLIFE Berkshire

3720 SW 45th Street (785) 267-7888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	Cardio & Strength 5:30a-6:15a Aerobics Studio (Ginger)	CycleFIT 5:30a-6:15a Aerobics Studio (Ginger/Mike)	Cardio & Strength 5:30a-6:15a Aerobics Studio (Ginger)	Cardio & Strength 5:30a-6:15a Aerobics Studio (Ginger)			
						CycleFIT 7:30a-8:30a Aerobics Studio (John)	
		Yoga 9:00a-9:45a Aerobics Studio (Michelle)		Yoga 9:00a-9:45a Aerobics Studio (Michelle)		Core & More 9:00a-9:45a Basketball Gym (Bev)	Yoga 9:00a-10:00a Aerobics Studio (Sherry)
	FitLIFE 10:00a-10:45a Aerobics Studio (McKensie)		FitLIFE 10:00a-10:45a Aerobics Studio (McKensie)				
				Conf Room - fitness center - SW Corner			
				Aerobics Studio - fitness center - NW Corner			
Evening	Core & More 5:30p-6:15p Aerobics Studio (Bev)	Zumba® 5:30p-6:15p Aerobics Studio (Candice)	Boot Camp 5:30p-6:15p Aerobics Studio (Bev)	Zumba® 5:30p-6:15p Aerobics Studio (Candice)	Pool and class schedules are online at www.greatlifegolf.com/-fitness-classes		
	Yoga 6:30p-7:30p Aerobics Studio (Sherry)		Yoga 6:30p-7:30p Aerobics Studio (Sherry)				

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

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

updated 5/1/19

