

GreatPLAY_(north YMCA)-Water & Land Classes

1936 NW Tyler Street (785) 233-9815

POOL OPENS AT 5:30am						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	AquaFIT 8:00a-9:00a Shallow End (Bob)		AquaFIT 8:00a-9:00a Shallow End (Bob)		AquaFIT 8:00a-9:00a Shallow End (Bob)	Water Walking 8:30a-9:30a Shallow End (Sally)
	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	Deep Water Workout 9:30a-10:30a Deep End (Donna)	SWIMMING LESSONS 9:00a-11:00a (lap swimmers/group exercise only)
	Sit & Be Fit 10:30a-11:30a Room A (Terri)				Sit & Be Fit 10:30a-11:30a Room A (Terri)	
Lunch hour		AquaFIT 11:00a-12:00noon Shallow End (Glennis)		AquaFIT 11:00a-12:00noon Shallow End (Glennis)		
					Pool and class schedules are online at www.greatlifegolf.com/-fitness-classes	
Evening	AquaFIT 5:30a-6:30p Shallow End (Sally)	AquaFIT 5:30a-6:30p Shallow End (Sally)	AquaFIT 5:30a-6:30p Shallow End (Sally)	AquaFIT 5:30a-6:30p Shallow End (Sally)		
	Deep Water Workout 5:30p-6:30p Deep End (class led)			Deep Water Workout 5:30p-6:30p Deep End (class led)		
	SWIMMING LESSONS 6:30p - 7:30p (lap swimming only)	SWIMMING LESSONS 6:30p - 7:30p (lap swimming only)		SWIMMING LESSONS 6:30p - 7:30p (lap swimming only)		
POOL CLOSSES AT 7:45pm						

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

