

# Performance Center (downtown YMCA)-LAND CLASSES

Performance Center (downtown YMCA) 421 SW VanBuren (785) 354-8591

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		CycleFIT 5:30a-6:30a Room B (Sandy)	CycleFIT 6:00a-6:45a Room B (Kari)	CycleFIT 5:30a-6:30a Room B (Sandy)		
			Zumba 6:00a-6:45a Room C (Caitlyn)	Zumba 6:00a-6:45a Room C (Caitlyn)		
	Open Play Pickle Ball* 9:00a-11:45a Gym A	Open Play Pickle Ball* 9:00a-11:45a Gym A	Open Play Pickle Ball* 9:00a-11:45a Gym A	Open Play Pickle Ball* 9:00a-11:45a Gym A	Open Play Pickle Ball* 9:00a-11:45a Gym A	
	TaiChi 9:30a-10:15a Room B (Bill)		TaiChi 9:30a-10:15a Room B (Bill)		TaiChi 9:30a-10:15a Room B (Bill)	Zumba 8:45a-9:45a Room C (Tamara)
Lunch hour	FitLIFE 11:30a-12:15p Room A (Bob)		FitLIFE 11:30a-12:15p Room A (Bob)		FitLIFE 11:30a-12:15p Room A (Bob)	
			CycleFIT 12noon-12:45p Room B (Charles)		CycleFIT 12noon-12:45p Room B (Charles)	
	Active Yoga 12:15p-1:00p Room A (Sherry/Bev)		Active Yoga 12:15p-1:00p Room A (Sherry/Bev)			
Evening		Pilates/Yoga 5:30p-6:30p Room A (Sherry/Bev)		Pilates/Yoga 5:30p-6:30p Room A (Sherry/Bev)		
	KickBOXING 5:30p-6:30p Boxing Arena (Donna)	KickFIT 5:30p-6:30p Room C (Tamara)		KickFIT 5:30p-6:30p Room C (Tamara)		
	CycleFIT 5:30p-6:15p Room B (Jenny)	CycleFIT 6:00p-7:00p Room B (Dawn)	CycleFIT 5:30p-6:15p Room B (Jenny)	CycleFIT 6:00p- 7:00p Room B (Dawn)		
	H.I.I.T 5:30p-6:15p Gym C (Dana)		H.I.I.T 5:30p-6:15p Gym C (Dana)	Self Defense 6:30p-7:30p Room A		
	Zumba 5:30p-6:30p Room C (Tamara)		Zumba 5:30p-6:30p Room C (Tamara)	Zumba 6:30p-7:30p Room C (Sara)		
						Room A - Group Exercise (Upper Level)
						Room B - CycleFIT (Upper Level)
						Room C - Group Exercise (Lower Level)
						Boxing Arena - (Lower Level)
						Gym A (Upper Level)
						Gym B (Upper Level)
						Gym C (Lower Level, NW Corner)
						Pool and class schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a>

\*Pickleball-Pickleball courts have been marked across our upper level gyms and available for open play. **AL\***

**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