

Shawnee CC

913 SE 29th Street (785) 233-5544

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
		Tai Chi 9:30a-10:15a Fieldhouse (Deb)		Tai Chi 9:30a-10:15a Fieldhouse (Deb)		
Lunch hour						
Evening	Yoga 5:30p-6:15p Fieldhouse (Cydney)		Yoga 5:30p-6:15p Fieldhouse (Cydney)		Fieldhouse - West side of building	
					Class schedules are online at www.greatlifegolf.com/-fitness-classes	

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

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

updated 4/1/19

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