

GreatLIFE Western Hills

8533 SW 21st Street (785) 478-4000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		CycleFIT 5:30a-6:30a SPIN Studio (Mike/Ginger)		CycleFIT 5:30a-6:15a SPIN Studio (Bobbie)		
	Boxing* 5:45a-6:45a Boxing Arena (Erica)		Boxing* 5:45a-6:45a Boxing Arena (Erica)		Boxing* 5:45a-6:45a Boxing Arena (Erica)	
	Circuit Training 8:15a-9:00a Aerobics Studio (Sherry)			CycleFIT 8:15a-9:00a SPIN Studio (Sherry)	Cardio & Strength 8:15a-9:00a Aerobics Studio (Sherry)	CycleFIT 8:15a-9:15a Spin Studio (Mike/Ginger)
	Yoga 9:00a-10:00a Aerobics Studio (Sherry)	Boxing* 9:00a-10:00a Boxing Arena (Hannah)		Yoga 9:00a-10:00a Aerobics Studio (Sherry)	Yoga 9:00a-10:00a Aerobics Studio (Sherry)	Boxing* 9:00a-10:00a Boxing Arena (Erica)
				Golf Strength & Cond. 10:15a-11:15a Aerobics Studio (Sherry)		Class schedules are online at www.greatlifegolf.com/-fitness-classes
Evening	Boxing* 4:00p-5:00p Boxing Arena (Hannah)	Boxing* 4:00p-5:00p Boxing Arena (Erica)	Boxing* 4:00p-5:00p Boxing Arena (Hannah)	Boxing* 4:00p-5:00p Boxing Arena (Erica)	Boxing* 4:00p-5:00p Boxing Arena (Hannah)	
	CycleFIT 5:30p-6:30p SPIN Studio (Mike)	Boxing* 5:30p-6:30p Boxing Arena (Erica)	Strength Training 5:30p-6:15p Aerobics Studio (Bobbi)	Boxing* 5:30p-6:30p Boxing Arena (Erica)	Zumba® 5:30p-6:15p Aerobics Studio (Jewel)	
	Zumba® 5:30p-6:30p Aerobics Studio (Sara)		STRONG by Zumba® 6:25p-7:10p Aerobics Studio (Jewel)			
					Aerobics Studio - upper level North side	
					SPIN Studio - lower level - SE corner	
					Boxing Arena- lower level - East Side	

* A Play Everything Membership is required for Boxing 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

