

# GreatLIFE Western Hills

8533 SW 21st Street (785) 478-4000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
	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 8:00a-9:00a Spin Studio (Ginger)
	Yoga 9:00a-10:00a Aerobics Studio (Sherry)		Yoga 9:00a-10:00a Aerobics Studio (Sherry)		Yoga 9:00a-10:00a Aerobics Studio (Sherry)	
Evening					Group Exercise Schedules are online at <a href="http://www.greatlifetopeka.com/-fitness-classes">www.greatlifetopeka.com/-fitness-classes</a>	
					Aerobics Studio - upper level North side	
					SPIN Studio - lower level - East side	
				Boxing Arena- lower level - SE corner		

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

*\$5 & \$10 Fitness Only memberships DO NOT include Group Exercise Classes*

updated 6/1/20

