

# GreatLIFE Central-LAND CLASSES

225 SW 12th Street (785) 233-1751

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
	Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)		Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)		Sit & Be Fit 9:00a-9:30a Aerobics Floor (Ramona)	
	Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)		Move It or Lose It 9:45a-10:30a Aerobics Floor (Ramona)	
Lunch hour					Group Exercise Schedules are online at <a href="http://www.greatlifetopeka.com/-fitness-classes">www.greatlifetopeka.com/-fitness-classes</a>	
	Step-N-Strength 12:15p-1:00p Aerobics Floor (Janelle)	Core & More 12:15p-1:00p Aerobics Floor (Janelle)	Cardio & Strength 12:15p-1:00p Aerobics Floor (Janelle)			
Evening				Cardio & Strength 5:30p-6:30p Aerobics Floor (Janelle)	Aerobics Floor - located in fitness center	

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

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

last update 8/1/20