

# GreatPLAY<sub>(north YMCA)</sub>-Pool & Land Classes

1936 NW Tyler Street (785) 233-9815

POOL OPENS AT 5:30am						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	<b>AquaFIT</b> 8:00a-9:00a Shallow End (Bob)	<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna)	<b>AquaFIT</b> 8:00a-9:00a Shallow End (Bob)	<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna)	<b>AquaFIT</b> 8:00a-9:00a Shallow End (Bob)	<b>Water Walking</b> 8:30a-9:30a Deep End (Sally)
	<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna)		<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna)	<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna)	<b>Deep Water Workout</b> 9:30a-10:30a Deep End (Donna)	
	Lunch hour	<b>Sit &amp; Be Fit</b> 10:30a-11:30a Room A (Terri)	<b>AquaFIT</b> 11:00a-12:00noon Shallow End (Glennis)		<b>AquaFIT</b> 11:00a-12:00noon Shallow End (Glennis)	<b>Sit &amp; Be Fit</b> 10:30a-11:30a Room A (Terri)
Evening	<b>AquaFIT</b> 5:30p-6:30p Shallow End (Sally)	<b>AquaFIT</b> 5:30p-6:30p Deep End (Sally)	<b>AquaFIT</b> 5:30p-6:30p Shallow End (Sally)	<b>AquaFIT</b> 5:30p-6:30p Shallow End (Sally)	<b>Group Exercise Schedules are online</b> at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a>	
	<b>Deep Water Workout</b> 5:30p-6:30p Deep End (class led)			<b>Deep Water Workout</b> 5:30p-6:30p Deep End (class led)		
		<b>AquaJam</b> (starting 9/22/20) 6:30p-7:30p Shallow End (Sharlie)	<b>AquaHIIT</b> (starting 9/23/20) 6:30p-7:30p Shallow End (Cori)			

POOL CLOSSES AT 7:45pm

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

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

GreatPLAY pool will be closed for repairs Friday, August 28  
- Sunday, September 20

last update 8/1/20

