

# Performance Center (downtown YMCA)-LAND CLASSES

Performance Center (downtown YMCA) 421 SW VanBuren (785) 354-8591

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			CycleFIT 6:00a-6:45a Room B (Kari)			
	Boxing 5:45a-6:45a Gym C (Drake)		Boxing 5:45a-6:45a Gym C (Drake)		Boxing 5:45a-6:45a Gym C (Drake)	Boxing 9:00a-10:00a Gym C (Drake)
	TaiChi 9:30a-10:15a Room A (Bill)		TaiChi 9:30a-10:15a Room A (Bill)		TaiChi 9:30a-10:15a Room A (Bill)	<b>Group Exercise classes open to Fitness Plus, Lifestyle and Play Everything Members</b>  <b>Group Exercise Schedules are online at <a href="http://www.greatlifetopeka.com/-fitness-classes">www.greatlifetopeka.com/-fitness-classes</a></b>
Lunch hour	Open Play Pickle Ball* 1:00p-3:00p Gym A		Open Play Pickle Ball* 1:00p-3:00p Gym A		Open Play Pickle Ball* 1:00p-3:00p Gym A	
	Active Yoga 12:15p-1:00p Room A (Rika)			Active Yoga 12:15p-1:00p Room A (Rika)		
Evening						
	Boxing 5:30p-6:30p Gym C (Drake)	BoxFIT 5:30p-6:30p Gym C (Drake)		BoxFIT 5:30p-6:30p Gym C (Drake)		
						Room A - Group Exercise (Upper Level SE Side)
						Room B - CycleFIT (Lower Level - SE Corner)
						Room C - Group Exercise (Lower Level-NE Side)
	Scuplt + Cardio 5:30p-6:15p Room C (Dana)					Gym C (Boxing Arena) - (Lower Level - NW Corner)
						Gym A (Upper Level)
						Gym B (Upper Level)
		CycleFIT 6:00p-7:00p Room B (Dawn)	Scuplt + Cardio 5:30p-6:15p Room C (Dana)	CycleFIT 6:00p-7:00p Room B (Dawn)		
						Group Exercise Schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a>

\*Pickleball-Pickleball courts have been marked across our upper level gyms and available for open play. **AL\***

last update 8/1/20

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

