

GreatLIFE Central-LAND CLASSES

225 SW 12th Street (785) 233-1751

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--|--|--|--|--|----------|
| Morning | TaiChi 8:00a-8:45a Aerobics floor (Don) | | TaiChi 8:00a-8:45a Aerobics floor (Don) | | TaiChi 8:00a-8:45a Aerobics floor (Don) | |
| | 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 www.greatlifetopeka.com/-fitness-classes | |
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| Evening | Scupt + Cardio 5:30p-6:15p Room C (Dana) | | Scupt + Cardio 5:30p-6:15p Room C (Dana) | | Aerobics Floor - located in fitness center last update 1/29/21 | |
| | Pickleball 5:30-7:30 Upstairs Gym | Pickleball 5:30-7:30 Upstairs Gym | | Pickleball 5:30-7:30 Upstairs Gym | | |

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

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