

Performance Center (downtown YMCA) - LAND CLASSES

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		CycleFIT 5:30a-6:30a Sandy	CycleFIT 6:00a-6:45a Room B (Kari)	CycleFIT 5:30a-6:30a Sandy		
	Boxing 5:45a-6:45a Gym C (Brian/Tim)		Boxing 5:45a-6:45a Gym C (Brian/Tim)		Boxing 5:45a-6:45a Gym C (Brian/Tim)	Boxing 9:00a-10:00a Gym C (Drake)
Afternoon						<i>Group Exercise classes open to Fitness Plus, Lifestyle and Play Everything Members</i>
	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	
	Yoga 5:30-6:30 Room A (Madison)		Yoga 5:30-6:30 Room A (Madison)			<i>Group Exercise Schedules are online at www.greatlifetopeka.com/-fitness-classes</i>
Boxing 5:30p-6:30p Gym C (Drake)	BoxFIT 5:30p-6:30p Gym C (Drake)	Beginner Kickboxing 5:30p-6:30p Gym C (Drake)	BoxFIT 5:30p-6:30p Gym C (Drake)			
Evening	CycleFIT 5:30p-6:15p Room B (Jennifer)		CycleFIT 5:30p-6:15p Room B (Jennifer)		Room A - Group Exercise (Upper Level SE Side)	
					Room B - CycleFIT (Lower Level - SE Corner)	
					Room C - Group Exercise (Lower Level-NE Side)	
					Gym A (Upper Level)	
					Gym B (Upper Level)	
Adult only Basketball Gym A/B 7p-8p	CycleFIT 6:00p-7:00p Room B (Dawn)			CycleFIT 6:00p-7:00p Room B (Dawn)	Gym C (Boxing Arena) - (Lower Level - NW Corner)	
					Group Exercise Schedules are online at www.greatlifegolf.com/-fitness-classes	

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

last update 4/1/21

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

