

# Performance Center (downtown YMCA) - LAND CLASSES

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		<b>CycleFIT</b> 5:30a-6:30a Sandy	<b>CycleFIT</b> 6:00a-6:45a Room B (Kari)	<b>CycleFIT</b> 5:30a-6:30a Sandy		
	<b>Boxing</b> 5:45a-6:45a Gym C (Brian/Tim)		<b>Boxing</b> 5:45a-6:45a Gym C (Brian/Tim)		<b>Boxing</b> 5:45a-6:45a Gym C (Brian/Tim)	<b>Boxing</b> 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	
Evening	<b>Yoga</b> 5:30-6:30 Room A (Madison)	<b>Yoga</b> 5:30-6:30 Room A (Bev)	<b>Yoga</b> 5:30-6:30 Room A (Madison)	<b>Yoga</b> 5:30-6:30 Room A (Bev)		<i>Group Exercise Schedules are online at <a href="http://www.greatlifetopeka.com/-fitness-classes">www.greatlifetopeka.com/-fitness-classes</a></i>
	<b>Boxing</b> 5:30p-6:30p Gym C (Drake)	<b>BoxFIT</b> 5:30p-6:30p Gym C (Drake)	<b>Beginner Kickboxing</b> 5:30p-6:30p Gym C (Drake)	<b>BoxFIT</b> 5:30p-6:30p Gym C (Drake)	<b>Room A</b> - Group Exercise (Upper Level SE Side)	
	<b>CycleFIT</b> 5:30p-6:15p Room B (Jennifer)		<b>CycleFIT</b> 5:30p-6:15p Room B (Jennifer)		<b>Room B</b> - CycleFIT (Lower Level - SE Corner)	
					<b>Room C</b> - Group Exercise (Lower Level-NE Side)	
					<b>Gym A</b> (Upper Level)	
					<b>Gym B</b> (Upper Level)	
	Adult only Basketball Gym A/B 7p-8p	<b>CycleFIT</b> 6:00p-7:00p Room B (Dawn)			<b>CycleFIT</b> 6:00p-7:00p Room B (Dawn)	<b>Gym C (Boxing Arena)</b> - (Lower Level - NW Corner)
					<b>Group Exercise Schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a></b>	

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

last update 9/1/21

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

