

GreatLIFE Western Hills

8533 SW 21st Street (785) 478-4000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
	Circuit Training 8:15a-9:00a Aerobics Studio (Sherry virtual)		Roll With It 8:15a-9:00a Aerobics Studio (Sherry Virtual)		Cardio & Strength 8:15a-9:00a Aerobics Studio (Sherry Virtual)	
	Yoga 9:00a-10:00a Aerobics Studio (Sherry Virtual)		Yoga 9:00a-10:00a Aerobics Studio (Sherry Virtual)		Yoga 9:00a-10:00a Aerobics Studio (Sherry Virtual)	
		Tai Chi 9:30a-10:15a Aerobics Studio (Deb)		Tai Chi 9:30a-10:15a Aerobics Studio Deb		
Evening					Group Exercise Schedules are online at www.greatlifetopeka.com/-fitness-classes	
					Aerobics Studio - upper level North side	
					SPIN Studio - lower level - East side	
				Boxing Arena- lower level - SE corner		

t update September 20

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

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

