

# GreatLIFE Berkshire

3720 SW 45th Street (785) 267-7888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Cardio & Strength 5:30a-6:15a Aerobics Studio (Ginger)	CycleFIT 5:30a-6:15a Aerobics Studio (Ginger)	Cardio & Strength 5:30a-6:15a Aerobics Studio (Ginger)	CycleFIT 5:30a-6:15a Aerobics Studio (Ginger)		
						CycleFIT 7:30a-8:30a Aerobics Studio (John)
						Yoga 9:15a-10:00a Aerobics Studio (Bev)
	FitLIFE 10:00a-10:45a Aerobics Studio (Class Led)		FitLIFE 10:00a-10:45a Aerobics Studio (Class Led)			
				Conf Room - fitness center - SW Corner		
				Aerobics Studio - fitness center - NW Corner		
Evening	CycleFIT 5:30p-6:15p Aerobics Studio (Sherry)	Zumba® 5:30p-6:15p Aerobics Studio (Candace)	Zumba® 5:30p-6:15p Aerobics Studio (Candace)	Zumba® 5:30p-6:15p Aerobics Studio (Candace)	Group Exercise Schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a>	
	Yoga 6:30p-7:30p Aerobics Studio (Sherry via Zoom)					

last update 10/12/21

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

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

