

Fitness Classes

Mornings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grid Iron 5:30 AM	Cycle X 6:15 AM	Basic Flow Yoga 7 AM	Metabolic Mayhem 6:30 AM	Grid Iron 5:30 AM	Zumba Gold 8 AM
Core Fusion 6:30 AM	Metabolic Mayhem 6:30 AM		Morning Ride 7:30 AM		Core Fusion 6:30 AM
AM Water Aerobics 8 AM	AM Water Aerobics 8 AM	AM Water Aerobics 8 AM	AM Water Aerobics 8 AM	Basic Flow Yoga 7 AM	
Functional Yoga 9:00 AM	Exercise for Life 9:15 AM	AM Water Aerobics 8:50 AM	Aqua Zumba 9 AM		AM Water Aerobics 8 AM
AM Water Aerobics 8:50 AM	Barbell Burn 9:30 AM		Exercise for Life 9:15 AM	Barbell Burn 9:30 AM	
Silver Sneakers Yoga 10:15 AM	Health BeneFIT 10:15 AM	Art of Relaxation 9:30 AM	Health BeneFIT 10:15 AM	AM Water Aerobics 8:50 AM	Pickleball 9 AM
Silver Sneakers Yoga 11 AM	Barbell Burn 10:30 AM	Silver Sneakers Yoga 10:15 AM	Barbell Burn 10:30 AM		Zumba Gold 10 AM
Silver Sneakers Yoga 11:45 AM	Health BeneFIT 11 AM	Silver Sneakers Yoga 11 AM	Health BeneFIT 11 AM	Cardio Pump 11:45 AM	
	Cardio Pump 11:45 AM	Silver Sneakers Yoga 11:45 AM			

R 5.6.24

**Class times/dates are subject to change. Please call 913.722.8200 accurate schedule.

Fitness Classes

Afternoon/Evenings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball 12:15 PM	Pickleball 12:15 PM	Pickleball 12:15 PM	Pickleball 12:15 PM	Pickleball 12:15 PM	Kendo 2-4:30 PM
PM Water Aerobics 5:35 PM	Bollywood 6 PM	Classical Stretching 4:30 PM	Belly Dance – Advanced 5 PM		
Rep & Ride 5:45 PM	Hatha Yoga 6 PM	Aqua Zumba 5:35 PM	Power Cycle 5:45 PM		
Strength Training 5:45 PM	Shape Up Boot Camp 6:30 PM	Rep & Ride 5:45 PM	Belly Dance – Beginner 6 PM		
Yoga Flow 7:15 PM	Zumba 7 PM	PIYo 6 PM	Bollywood Fitness 7 PM		
Tai Chi 7 PM	Tai Chi 7 PM	Little Ninjas 6 PM	Tai Chi 7 PM		
		Karate, Beginning 6:30 PM			
		Yoga Flow 7 PM			
		Tai Chi 7 PM			

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