



GROUP FITNESS SCHEDULE

LEAVENWORTH

Winter 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Step Interval (A) G-Cycle (B)	Cardio Sculpt (A)	Step Interval (A) G-Cycle (B)	Iron Works (A)	Step 1-2-3 (A) G-Cycle (B)	
7:30am	FitLife (A)		FitLife (A)		FitLife (A)	7:45am Ironworks(A)
8:00am		Yoga Flow (C)		Yoga Flow C)		
8:30am	Step & Cardio Mix (A) G-Cycle Advanced (B)		Double Step (A) G-Cycle (B)		Step w/Abs (A) G-Cycle (B)	
9:00am	Power Yoga (C) 8:45am	Stations Xpress (A) G-Cycle (B)		Cardio Box (A) G-Cycle (B)	8:45am Power Yoga (C)	G-Cycle (B) Step Interval (A)
9:30- 10:30am	9:30am Cardio Sculpt (A)	10:00am Pilates Matwork (A)	9:30am Cardio Sculpt (A)	10:00am Pilates Matwork (A)	9:30am Cardio Sculpt (A)	10:00 am Boot Camp (A)
10:45am	FitLife (A)		FitLife (A)		FitLife (A)	
11:15am		FitLife (A)		FitLife (A)		
4:30pm	Iron Works (A)	G-Cycle Advanced (B) Step and Iron (A)	Zumba (A)	Extreme F.I.T.(A)		
5:30pm	Turbo Kick (A) G-Cycle (B) Yoga Flow (C)	Zumba (A) Restorative Yoga (C)	Turbo Kick (A) G-Cycle (B)	Triad (A) G-Cycle (B) Bodies In Balance (C)	Power Yoga (C) 5:00pm	
6:30pm	Zumba (A) LAB 30 (C)		Iron Works (A) Yogalates (C)			

(A) - Classes held in studio A, Aerobics Room (B) - Classes held in studio B, Cycling Room (C) - Classes held in studio C, Yoga/Stretch Room

All classes are 55 minutes unless otherwise noted. Experience how group fitness training can benefit you. For more classes at our other locations, please refer to other Group Fitness Schedules, available in print or on our website, www.genesishealthclubs.com.

For more information, contact Andrea Nelson at (913) 651-3400

*With this time of year, comes the possibility of very inclement weather. If these conditions occur, please call the club to check on the possibility of class cancellations.