



AYC HEALTH & FITNESS

7830 State Line Road - 913-642-4437



WEEKLY GROUP CLASS SCHEDULE

Morning

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		Group Fitness Ellen		Group Fitness Ellen		
6:30						
7:00	Group Fitness Trina		Group Fitness Trina		Group Fitness Ellen	
7:30						
8:00						Group Fitness Derek
8:30				Hatha Yoga Level 1 Nadine		
9:00		Hatha Yoga Level 2 Nadine				Hatha Yoga Level 2/3 Nadine
9:30					Yoga Basics Jeleana	
10:00						
10:30						
10:45						

Afternoon

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30		Group Fitness Ellen		Group Fitness Ellen		
1:00						
4:00		Pilates Mat Trina				
5:00						

Evening

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00						
5:30		Kriipalu Yoga Level 1 & 2 Jeleana				
6:00	Group Fitness Ellen		Group Fitness Ellen			
6:30						
7:00						

All Group Fitness Classes are suitable for beginners. We modify each workout to the needs of the participants.

Additional classes are added based on client interest.

Class size is limited to 10 so you can receive individual attention.

Questions? Call us at 913-642-4437, or email info@aycfit.com