



BA Fit Factory

January - May
Winter & Spring Schedule

Time	Monday	Rm
5:30-6:00 AM	BA Fit Factory	G
9:15—9:45 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30– 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

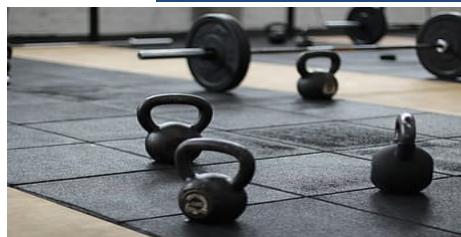
Time	Thursday	Rm
5:30-6:00 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30– 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Tuesday	Rm
5:30-6:00 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30– 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Friday	Rm
5:30-6:00 AM	BA Fit Factory	G
9:15-9:45 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30– 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Wednesday	Rm
5:30-6:00 AM	BA Fit Factory	G
9:15-9:45 AM	BA Fit Factory	G
12:15-12:45 PM	BA Fit Factory	G
4:45-5:15 PM	BA Fit Factory	G
5:30– 6:00 PM	BA Fit Factory	G
6:15-6:45 PM	BA Fit Factory	G

Time	Saturday	Rm
7:30-8:00 AM	BA Fit Factory	G



Key
G: Gym
Coaches: Ashley & Betty

YMCA 360 ON DEMAND

Take an exercise class ANYTIME you want!!

YMCA 360, an exclusive collection of on-demand and livestream classes. We have TWO 55' TV's ready for YOU! Pick a class that suits your lifestyle.

FREE for all current YMCA members. Go to ymca360.org and get your account registered. Ask MSA for a key to Aerobics Studio and remote control to TV to get started on your time and day of your wish!

For questions or concerns please contact Cipriano Rodriguez or Crodriguez@ymcaswkansas.org

The Y... So Much More. | Garden City Family YMCA | www.ymcaswkansas.org