

THIS WEEK AT THE Q

CLASSES AND TIMES WILL CHANGE MID-NOVEMBER

MONDAY

10am - Body Burn with Ronna -\$10

11am - Forever Fit with Ronna

7pm - No Barre, Barre Workout with Annie

TUESDAY

2pm - Aquatic Fitness with Christine

WEDNESDAY

9am - Strength & Core with Lisa -\$10

10am - Strength Yoga with Annie

11am - Aquatics Fitness with Ronna

6pm - Cycle Express with Lisa -\$10

THURSDAY

1pm - Silver & Fit with Christine

2pm - Aquatic Fitness with Christine

FRIDAY

7am -Body Burn with Ronna-\$10

11am - Aquatic Fitness with Ronna

6-8pm - Ping Pong

SATURDAY

6-8pm - Ping Pong

HOURS

Monday-Thursday

5am-9pm

Friday

5am-8pm

Saturday

7am-8pm

Sunday

10am-6pm

FITNESS ON DEMAND

Anytime you want fitness...

Any kind of class you can think of...

Grab a neighbor or a friend and
come to The Q.

THE Q APP

Reserve a spot in one of our
classes or in one of the lanes at the
pool. The limit is 12 in most of our
classes. Don't get left out...plan
ahead!



Making health and wellness a priority.

Lake Quivira Community Center
(913) 647-3674 ext 151
ccfrontdesk@lakequivira.org