



Kansas City Kansas Community College Wellness & Fitness Center

(913) 288-7610 • www.kckcc.edu/wfc



Spring 2025 Group Fitness Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	<u>9:00am-9:50am</u> <u>2906 & Zoom</u> <i>Balance & Stretch w/Deb</i> Zoom ID: 680 179 8909		<u>9:00am-9:50am</u> <u>2906 & Zoom</u> <i>Balance & Stretch w/Deb</i> Zoom ID: 680 179 8909	<u>9:00am-9:50am</u> <u>2906/Zoom</u> <i>Stretch w/Pam</i> Zoom ID: 958 314 5243	
	<u>10:00am-10:30am</u> <u>2906 & Zoom</u> <i>30 Minute Full Body Fit w/Pam</i> Zoom ID: 958 314 5243		<u>10:00am-10:30am</u> <u>2906 & Zoom</u> <i>Full Body Fitness w/Pam</i> Zoom ID: 958 314 5243		
<u>11:00am-11:30am</u> <u>2906 & Zoom</u> <i>Cardio w/Deb</i> Zoom ID: 680 179 8909		<u>11:00am-11:30am</u> <u>2906 & Zoom</u> <i>Cardio w/Deb</i> Zoom ID: 680 179 8909		<u>11:00am-11:30am</u> <u>2906 & Zoom</u> <i>Cardio w/Deb</i> Zoom ID: 680 179 8909	<u>WFC Hours</u> <u>Monday - Friday</u> 5:30am—7:00pm
<u>12:00pm-12:50pm</u> <u>2906 & Zoom</u> <i>Practical Yoga w/Pam</i> Zoom ID: 958 314 5243		<u>12:00pm-12:50pm</u> <u>2906 & Zoom</u> <i>Practical Yoga w/Pam</i> Zoom ID: 958 314 5243		<u>12:00pm-12:50pm</u> <u>2906 & Zoom</u> <i>Chair Yoga w/Pam</i> Zoom ID: 958 314 5243	<u>Saturday & Sunday</u> Closed
<u>5:30pm-6:20pm</u> <u>2906 & Zoom</u> <i>Body Sculpting w/Deb</i> Zoom ID: 680 179 8909		<u>5:30pm-6:20pm</u> <u>2906 & Zoom</u> <i>Body Sculpting w/Deb</i> Zoom ID: 680 179 8909		<u>5:30pm-6:20pm</u> <u>2906 & Zoom</u> <i>Body Sculpting w/Deb</i> Zoom ID: 680 179 8909	