

Opportunities to be active in Junction City

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am Get your Fit on at YMCA	8am Silver Strength at YMCA	8:30am Get your Fit on at YMCA	8am Silver Strength at YMCA	8:30am Get your Fit on at YMCA	9am Walk with a Doc**
9:15am Yoga at YMCA	9am Zumba at 12th Street	9:15am Pilates at YMCA	9am Zumba at 12th Street	9:15am Yoga at YMCA	9am Zumba at Geary Rehab
9:30am Exercise Class at Senior Center	9:30am Chair yoga at Senior Center	9:30am Exercise Class at Senior Center	9:30am Chair yoga at Senior Center	9:30am Exercise Class at Senior Center	10am Mixxed Fit Dance at 12th Street
9:30am Water Fitness at YMCA	4pm Sit to be Fit at 12th Street	9:30am Water Fitness at YMCA	1pm Line Dancing at Senior Center	9:30am Water Fitness at YMCA	11am Zumba at Geary Rehab
5:30pm Zumba at Geary Rehab	5:30pm Water Fitness at YMCA	1pm: Ageless Grace at Library**	4pm Sit to be Fit at 12th Street	6pm Zumba Dance at 12th Street	
5:30pm Pilates at YMCA	5:30pm Tune It Up at 12th Street	3pm Dance for Connection at Library	5:30pm Water Fitness at YMCA		
6pm Zumba Dance at 12th Street	6pm Stretch it Out at 12th Street	5:30pm Zumba at Geary Rehab	5:30pm Tune It Up at 12th Street		
7pm B.L.A.C at 12th Street	7pm Xtreme Hip Hop at 12th Street	5:30pm Pilates at YMCA	6pm Stretch it Out at 12th Street		
7pm Pole Fitness at Geary Rehab		6pm Zumba Dance at 12th Street	7pm Xtreme Hip Hop at 12th Street		
		7pm B.L.A.C at 12th Street			
		7pm Pole Fitness at Geary Rehab			

Opportunities to be active in Junction City

Dorothy Bramalage Public Library

230 W. 7th St. Junction City KS 6644

Call 785-238-4311 to RSVP. Check out events calendar.

- Ageless Grace - Chair Exercise - **FREE**
 - 1st & 3rd Wednesday at 1pm
- Dance for Connection - **FREE**
 - Wednesdays 3-4pm

Family YMCA

1703 McFarland Rd. Junction City, KS 66441

Call 785-762-4780 or visit junctioncityfamilyymca.com.

Classes are \$8 or 10 for \$50.

- Get your Fit On
 - Monday, Wednesday & Friday 8:30 - 9am
- Pilates
 - Monday 5:30 - 6:15pm
 - Wednesday 9:15 -10am & 5:30 - 6:15pm
- Silver Strength
 - Tuesday & Thursday 8 - 9am
- Water Fitness
 - Monday, Wednesday & Friday 9:30-10:30am
 - Tuesday & Thursday 5:30 -6:30pm
- Yoga
 - Monday & Friday 9:15 - 10:15am

Geary County 4-H/Senior Center

1025 Spring Valley Rd. Junction City, KS 66441

Call 785-238-4015 for updates. \$1 donation appreciated.

- Chair Yoga
 - Tuesday & Thursday 9:30am
- Exercise Class
 - Monday, Wednesday & Friday 9:30am
- Line Dancing
 - Thursday 1pm
- Tai Chi
 - Tuesday 1pm

Geary Rehabilitation & Fitness

104 S. Washington St. Junction City KS 66441

Classes are \$5 - 15 or free for members.

- Zumba
 - Monday & Wednesday 5:30pm, Saturday 9am & 11am
- Pole Fitness
 - Monday & Wednesday 7pm

12th Street Community Center

1002 W. 12th St. Junction City KS 66441

Call 785-238-7529 or check their facebook page for updates. Classes are \$3/class.

- B.L.A.C
 - Monday, Wednesday 7 - 7:45 pm
- Mixxed fit dance fitness -**FREE**
 - Saturday 10 -11am
- Morning Zumba Dance Fitness
 - Tuesday & Thursday 9 - 10am
- Sit To Be Fit
 - Tuesday & Thursday 4-5pm
- Stretch it Out
 - Tuesday & Thursday 6-6:45pm
- Tune It Up
 - Tuesday & Thursday 5:30 - 6pm
- Xtreme Hip Hop
 - Tuesday & Thursday 7 - 8pm
- Zumba Dance Fitness
 - Monday, Wednesday, Friday 6-7pm

Stormont Vail Walk with a Doc - FREE

Old Football Field – Simpler Stadium, Junction City, KS 66441. Check FaceBook page for updates.

- 1st Saturday of each month at 9am

STEPS JC - FREE

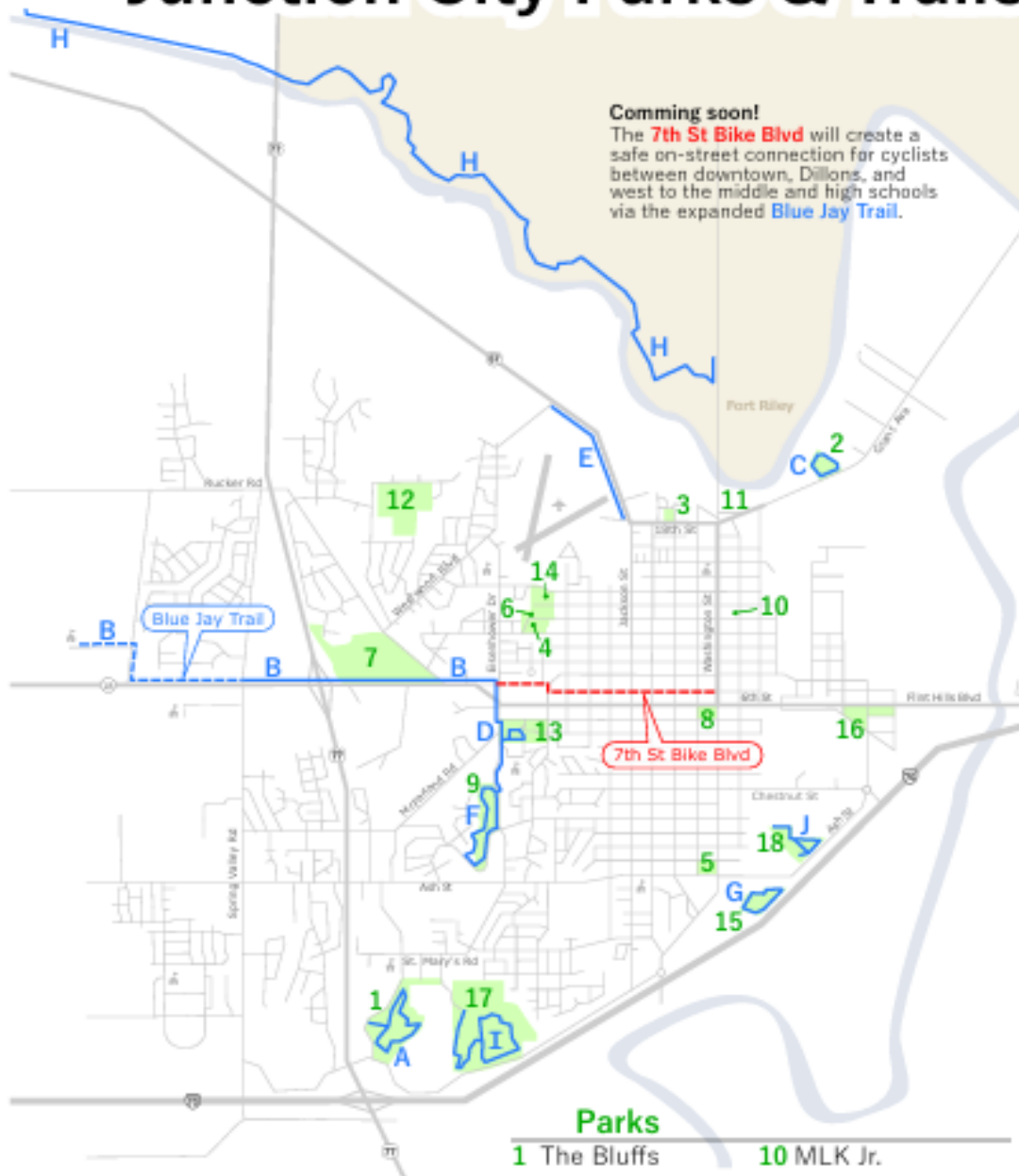
- Find more info at livewellgearycounty.org

Individual Gyms

- BCBS Fitness Court - **FREE**
 - 5th & Eisenhower Dr.
- Crossfit
- Pilates Gem
- Planet Fitness
- RS MMA Fitness

Opportunities to be active in Junction City

Junction City Parks & Trails



Trails		
	Length (miles)	Material
A The Bluffs	1.1	Natural
B Blue Jay	1.8	Concrete
C Bramlage	0.3	Concrete
D Eisenhower	0.5	Concrete
E Freeman Field	0.7	Concrete/Gravel
F Homer's Pond	1.1	Concrete
G Riverwalk Landing	0.4	Gravel
H Riverwalk	4.8	Gravel
I South	1.2	Concrete
J Wetlands	0.5	Gravel

Parks

1 The Bluffs	10 MLK Jr.
2 Bramlage	11 Montgomery
3 Buffalo Soldier	12 North
4 Cleary	13 Playground
5 Coronado	14 Rathert Stadium
6 Hammond Family	15 Riverwalk Landing
7 Helland	16 Sertoma
8 Heritage	17 South
9 Homer's Pond	18 Wetlands



To update material contact livewellgearycountny@gmail.com, 2025-29 CHIP Health & Wellness workgroup