

NORTHWEST YMCA

Group Exercise Schedule—Land & Water

Effective 1/2/20—5/31/20

JOIN ANYTIME! All classes on this schedule are ongoing, for ages 13+ and included in YMCA membership - no signup required!

In case of inclement weather, please call 316.733.9622 to find out about class cancellations. Please refer to schedules regularly (available at the front desk or ymcawichita.org) or check our mobile app for up-to-date information.

GROUP EXERCISE ORIENTATION - New to group exercise and nervous about giving it a try? Call or stop by the front desk to set up a personalized orientation. Get acquainted with group exercise equipment and terminology. For all fitness levels.

ADDITIONAL OPPORTUNITIES

FEATURED WORKOUTS - Take advantage of these free mini training sessions scheduled throughout the day. Join our fitness experts as they introduce you to new equipment, targeted workouts, or a host of other fitness opportunities. No sign up necessary. Schedules posted each week at your Y's Fitness Desk.

FITNESS FLOOR ASSOCIATES - Whether it's to show you how to work a machine or help you with proper exercise form, our Fitness Floor Associates are available to answer your questions. If you need a little more help, ask for a free appointment with your Y's fitness director to help you set goals and get started.

PERSONAL or SPECIALIZED GROUP TRAINING - Meet with a trainer one-on-one or with a few friends. Includes PILATES TOWERS at select locations. Personal, partner or group training fees apply.

FIND WHAT MOVES YOU!

Take your schedule on the go with the Y's mobile app! Group Exercise, Open Swim, Lap Pool, Open Gym, and Open Climbing Wall schedules are available for all 10 Greater Wichita YMCAs!



WATER EXERCISE

	Time	Class	Instructor	Room
MO	8:00A-8:45A	Boomer Water Works	Cyndi	Family
	10:00A-11:00A	Water Works	Jandee	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
	6:30P-7:15P	Water Works	Jana	Family
TU	5:30A-6:15A	Water Tabata	Kristin	Family
	9:00A-10:00A	Water Tabata	Jeannie	Lap
	7:15P-8:00P	AQUA ZUMBA®	Hideki	Family
WE	8:00A-8:45A	Boomer Water Works	Jana	Family
	10:00A-11:00A	Hydrobox	Janese	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
TH	5:30A-6:15A	Aqua Body Design	Kristin	Family
	9:00A-10:00A	Aqua Body Design	Heidi	Lap
	7:15P-8:00P	Water Tabata	Staff/Christi R	Family
FR	8:00A-8:45A	Boomer Water Works	Cyndi	Family
	10:00A-11:00A	Water Tabata	Jeannie/Janese	Lap
	10:45A-11:30A	Arthritis Water Exercise	Rebecca	Family
SA	9:00A-10:00A	Water Tabata	Janese/Jeannie	Lap

CYCLE

MO	5:00A-6:00A	Extreme Ride	Christal	D
	8:45A-9:30A	Beginner Cycle	Marie	D
	9:45A-10:30A	Cycle	Rebecca	D
	5:30P-6:30P	Extreme Ride	Warren	D
	6:45P-7:30P	Beginner Cycle	Christi	D
TU	5:15A-6:00A	Cycle	Ashley	D
	9:30A-10:30A	Cycle Core	Christi R	D
	6:00P-6:45P	Cycle	Barb	D
WE	5:00A-6:00A	Cycle Core	Janice	D
	8:45A-9:30A	Cycle	Rebecca	D
	9:30A-10:00A	Cycle Express	Rebecca	D
	10:15A-10:45A	Cycle Express	Heidi	D
	5:30A-6:00A	Cycle Express	Ashley	D
TH	6:00P-6:45P	Cycle	Ashley	D
	5:15A-6:00A	Cycle	Tammy	D
	9:30A-10:30A	Cycle Core	Ashley	D
FR	6:00P-6:45P	Cycle	Warren	D
	5:15A-6:00A	Cycle	Janice	D
	8:45A-9:30A	Cycle	Rebecca	D
SA	7:00A-8:00A	Extreme Ride	Dana	D
	9:00A-10:00A	Extreme Ride	Janice	D
SU	8:00A-9:00A	Extreme Ride	Janice	D
	1:00P-2:00P	Extreme Ride	Rotation	D

Bolded classes are Express Series classes designed to give you a great workout in just 30 minutes.

KID ZONE HOURS

Drop in nursery available for members' children ages 6 weeks to 7 years
 Monday-Friday 8:00A-8:30P
 Saturday 8:00A-5:00P
 Sunday 12:00P-5:00P

CARDIO & STRENGTH

	Time	Class	Instructor	Room	
MO	5:00A-6:00A	TurboKick™	Tammy	F	
	5:00A-6:00A	Bootcamp	Dawn	C	
	8:30A-9:00A	Body Blitz	Heidi	C	
	9:00A-9:30A	Step	Heidi	C	
	9:30A-10:30A	Muscle Pump	Jeannie	C	
	10:30A-11:15A	SilverSneakers® Circuit	Natalie	F	
	10:30A-11:30A	ZUMBA® Fitness	Jessie	C	
	5:45P-6:30P	TurboKick™	Christi B	F	
	5:30P-6:30P	ZUMBA® Fitness	Jandee	C	
	6:30P-7:30P	Muscle Pump	Barb	C	
	7:30P-8:15P	FIERCE	Kristian	C	
TU	5:00A-5:45A	Barre	Jennifer W	YWS	
	5:00A-6:00A	Body Design	Heidi	C	
	8:45A-9:15A	Body Blitz	Janefer	C	
	9:15A-10:00A	TurboKick™	Janefer	C	
	9:30A-10:15A	SH'BAM™	Jandee	F	
	10:00A-11:00A	Body Design	Heidi	C	
	10:30A-11:30A	SilverSneakers® Classic	Royce	F	
	11:00A-11:15A	CORE	Heidi	C	
	5:00P-5:45P	Step	Natalie	C	
	5:45P-6:15P	Body Blitz	Natalie	C	
	6:30P-7:30P	Y-Box	Sandra	C	
7:30P-8:30P	ZUMBA® Fitness	Brynden	C		
WE	5:00A-6:00A	Morning Mix!	Staff	C	
	8:30A-9:30A	Muscle Pump	Jeannie	C	
	9:15A-10:00A	INSANITY®	Heidi	Cheer Ctr	
	9:30A-10:30A	PiYo®	Natalie	F	
	9:30A-10:15A	Boomer Cardio Craze	Marie	C	
	10:30A-11:00A	Boomer Body Blitz	Marie	F	
	10:30A-11:30A	ZUMBA® Fitness	Jandee	C	
	11:00A-12:00P	Boomer Bootcamp	Rebecca	F	
	11:30A-12:00P	CORE	Jandee	C	
	5:30P-6:15P	ZUMBA® Fitness (beginner)	Sarah	F	
	5:30P-6:30P	Muscle Pump	Christi R	C	
6:30P-7:30P	Body Design	Heidi	C		
TH	5:00A-5:45A	Muscle Pump	Jennifer W	C	
	8:45A-9:45A	Body Design	Jeannie	C	
	9:45A-10:30A	Y-Box	Jeannie	C	
	10:30A-11:30A	ZUMBA® Fitness	Veronica	C	
	10:30A-11:30A	SilverSneakers® Classic	Natalie	F	
	4:45P-5:45P	Muscle Pump	Jennifer K	C	
	5:45P-6:45P	SH'BAM™	Jandee	C	
	5:45P-6:30P	TurboKick™	Christi B	F	
	6:45P-7:30P	Fierce	Kristian	C	
	FR	5:00A-6:00A	Body Blitz	Jenny-MaryAnne	C
		5:00A-6:00A	INSANITY®	Dawn	Cheer Ctr
8:30A-9:30A		Bootcamp	Whitney	C	
9:30A-10:30A		TurboKick™	Joanna	F	
9:30A-10:30A		ZUMBA® Fitness	Janefer	C	
10:30A-11:00A		CORE	Janefer	YWS	
10:30A-11:30A		Boomer Muscle Pump	Joanna	C	

CARDIO & STRENGTH

	Time	Class	Instructor	Room	
SA	7:00A-8:00A	FIERCE	Janice/Rebecca/Jennifer W	C	
	8:00A-8:45A	Barre	Elizabeth	YWS	
	8:00A-9:00A	Beginner Bootcamp	Linda A	Cheer Ctr	
	8:00A-9:00A	Muscle Pump	Jeannie	C	
	9:00A-10:00A	TurboKick™	Tammy/Staff	C	
	10:00A-10:30A	Stretch & Roll	Tammy/Janice	F	
	10:00A-11:00A	Y-Box	Jeannie/Sandra	C	
	11:00A-11:30A	Step	Jenny/Dee	C	
	11:30A-12:00P	Body Blitz	Jenny/Dee	C	
	SU	8:00A-9:00A	INSANITY®	Heidi	Cheer Ctr
		1:00P-2:00P	Body Design (1st/3rd/5th)	Christi R	C
1:00P-2:00P		PiYo® (2nd/4th)	Sandra	C	
2:00P-3:00P		ZUMBA® Fitness	Sarah	C	

MIND BODY

MO	8:30A-9:30A	Intermediate Yoga	Janice	F
	9:30A-10:15A	Beginner Yoga	Whitney S	F
	11:15A-12:00P	SilverSneakers® Yoga	Jeannie	F
	6:30P-7:15P	Pilates	Christine	F
	7:30P-8:30P	Beginner Yoga	Hideki	F
TU	5:00A-5:45A	Intermediate Yoga	Janice	F
	9:00A-10:00A	Power Yoga	Linda M/Staff	YWS
	6:30P-7:30P	Intermediate Yoga	Fred	F
WE	8:30A-9:30A	Intermediate Yoga	Tammy	F
	6:30P-7:30P	Intermediate Yoga	Fred	F
TH	8:00A-8:45a	Gentle Yoga	Dana	F
	9:00A-10:00A	Power Yoga	Linda M/Staff	F
	6:30P-7:15P	Pilates	Lee Ann	F
	7:30P-8:30P	Beginner Yoga	Ginger	F
FR	8:30A-9:30A	Beginner Yoga	Valerie	F
	10:30A-11:30A	SilverSneakers® Yoga	Janice	F
SA	9:00A-10:00A	Beginner Yoga	Linda A	F
	10:30A-11:30A	Intermediate Yoga	Janice	F
SU	12:00P-1:00P	Beginner Yoga	Linda A	F
	2:00P-3:00P	Intermediate Yoga	Hideki	F