

EL DORADO 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 316.320.9622 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!



CYCLE

	Time	Class	Instructor	Room
TU	6:00P-7:00P (starting after 1.13.2020)	Cycle	Cheri	B
WE	6:00A-7:00A	Virtual Cycle	Staff	Gym 1
TH	6:00P-7:00P (starting after 1.15.2020)	Cycle	Cheri	B

WATER EXERCISE

	Time	Class	Instructor	Room
MO	8:30A-10:00A	Water Volleyball	None	Family
	10:15A-11:00A	Water Bootcamp	Bert	Family
	6:45P-7:30P	Water Bootcamp	Bert	Family
TU	8:00A-9:00A	Water Works	Diana	Family
	10:15A-11:15A	Water Works	Diana	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
WE	9:15A-10:15A	Water Works	Diana	Family
	10:15A-11:00A	Water Tabata	April	Family
	11:00A-11:45A	Water Arthritis	April	Family
TH	8:00A-9:00A	Water Works	Diana	Family
	10:15A-11:15A	Water Works	Diana	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
FR	8:30A-10:00A	Water Volleyball	None	Family
	10:15A-11:00A	Water Bootcamp	April	Family

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-Thursday 8:00A-12:00P | 4:00P-8:00P
 Friday 8:00A-12:00P | 4:00P-6:30P
 Saturday 8:00A-12:00P
 Sunday 1:00P-4:00P

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	8:00A-9:00A	Body Blitz	Laura	A
	9:00A-10:00A	Muscle Pump	Katrina	B
	10:00A-11:00A	SilverSneakers® Circuit	Laura	B
	12:15P-12:45P	HITT	Dalton	Gym 1
	4:30P-5:00P	HIIT Cardio	Dalton	Gym 1
	5:00P-6:00P	Muscle Pump	Katrina	B
	6:00P-6:30P	CORE	Dalton	A
TU	5:00A-6:00A	♥ Heartrate Bootcamp (Strength)	Bert	Gym 1
	8:30A-9:00A	CORE	Laura	A
	9:00A-10:00A	SilverSneakers® Classic	Laura	B
	9:00A-10:00A	♥ Heartrate Bootcamp	Kera	Gym 1
	12:15P-12:45P	BC—Kettlebell	Dalton	Gym 1
	4:00P-4:30P	Core Tabata	Dalton	Gym 1
	4:30P-5:00P	Cardio HIIT	Dalton	Gym 1
	5:00P-6:00P	FOD—Dance	Staff	Gym 1
	5:00P-6:00P	Muscle Pump	Katrina	A
WE	8:30A-9:00A	CORE	April	A
	9:00A-10:00A	Body Design	April	A
	10:00A-10:30A	Stretch and Roll	Jan	A
	10:00A-11:00A	SilverSneakers® Circuit	Collette	B
	12:15P-1:00P	Bootcamp	Bert	Gym 1
	4:30P-5:30P	SilverSneakers® Classic	Julie	B
	5:30P-6:00P	Stretch	Julie	A
	5:30P-6:00P	Tabata Cardio	Bert	Gym 1
6:00P-7:00P	Muscle Pump	Katrina	A	
TH	5:00A-6:00A	HIIT	Bert	Gym 1
	8:00A-9:00A	Barre	Julie	A
	9:00A-10:00A	SilverSneakers® Classic	Julie	B
	9:00A-10:00A	Bootcamp (Boxing)	Kera	Gym 1
	10:00A-10:30A	Stretch	Julie	B
	12:15P-12:45P	HIIT	Bert	Gym 1
	5:00P-6:00P	Muscle Pump	Katrina	B
	7:00P-7:30P	Core HIIT	Bert	B
FR	8:30A-9:00A	HIIT	April	A
	9:00A-10:00A	Barre	April	A
	12:15P-12:45P	CORE	Bert	Gym 1
SA	9:00A-9:30A	Tabata	Bert	Gym 1
	9:30A-10:00A	CORE	Dalton	Gym 1
	11:00A-12:00P	Fitness on Demand	Dalton	Gym 1

MIND BODY

	Time	Class	Instructor	Room
MO	9:00A-10:00A	Beginner Yoga	Jan	A
	10:00A-11:00A	Tai Chi Yang Style	Jan	A
TU	9:00A-10:00A	Pilates	Jan	A
	2:00P-2:30P	☯Yoga	FOD (Helen)	Gym 1
WE	9:00A-10:00A	Beginner Yoga	Jan	B
	11:00A-12:00P	Tai Chi Sun Style	Collette	B
	6:00P-7:00P	Intermediate Yoga	Jan	B
TH	9:00A-10:00A	Pilates	Jan	A