

Group Exercise Schedule—Land & Water**Effective 3/01/20—05/31/20**

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	8:30A-9:30A	Aqua Body Design	Jackie	Lap
	11:15A-12:00P	Boomer Water Works	Jackie	Family
TU	8:30A-9:30A	Deep Water	Jackie	Lap
	11:15A-12:00P	Arthritis Water Exercise	Jackie	Family
WE	8:30A-9:30A	Water Works	Jackie	Lap
	11:15A-12:00P	Boomer Water Works	Jackie	Family
TH	8:30A-9:30A	Water Bootcamp	Jackie	Lap
	11:15A-12:00P	Deep Water Arthritis	Jackie	Family
FR	No Classes			
SA	No Classes			
SU	No Classes			

MIND BODY

	Time	Class	Instructor	Room
MO	6:15A-7:00A	Beginner Yoga	Sherrie	C
	8:45A-9:45A	Intermediate Yoga	Pam	C
	10:00A-11:00A	SilverSneakers® Yoga	Emily	C
	11:00A-12:00P	Tai Chi for Health	Dave	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
TU	9:00A-10:00A	Intermediate Yoga	Dorothy	C
	9:45A-10:45A	Pilates	Kay	A
	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:45P-6:45P	Intermediate Yoga	Elena	C
WE	8:45A-9:45A	Pilates	Emily	C
	10:00A-11:00A	SilverSneakers® Yoga	Emily	C
	11:00A-12:00P	Tai Chi for Health	Dave	C
	6:30P-7:30P	Intermediate Yoga	Karen	C
TH	9:00A-10:00A	Intermediate Yoga	Gay	C
	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
FR	7:30A-8:30A	Intermediate Yoga	Lisa	C
	8:30A-9:30A	Gentle Yoga	Lisa	C
	9:30A-10:30A	SilverSneakers® Yoga	Lisa	C
SA	7:30A-8:30A	Intermediate Yoga	Lisa	A
	9:30A-10:30A	Gentle Yoga	Lisa	A

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	5:15A-6:15A	Bootcamp	Valerie	Loft
	8:30A-9:30A	Body Blitz	Heidi	B
	9:30A-10:30A	ZUMBA® Fitness	Tiffany	B
	10:00A-11:00A	Barre	Kay	A
	10:30A-11:00A	STRONG 30	Stephanie B,	B
	11:00A-11:30A	CORE	Stephanie B.	B
	4:30P-5:30P	Muscle Pump	Brenda	B
	5:30P-6:15P	STRONG 45	Renee	B
	6:15P-7:00P	PiYo™	Laura	B
	7:00P-8:00P	ZUMBA® Fitness	Charis	B
TU	5:15A-6:00A	Body Blitz	Renee	B
	6:00A-6:45A	Bootcamp	Napoleon	Loft
	8:30A-9:00A	TurboKick™	Stephanie B.	B
	9:00A-9:30A	CORE	Stephanie B.	B
	9:00A-9:30A	Stretch & Roll	Kay	A
	9:30A-10:30A	Body Design	Stephanie S.	B
	10:00A-10:45A	SilverSneakers® Classic	Jackie	C
	10:30A-11:30A	ZUMBA® Fitness	Stacy	B
	11:00A-11:45A	Boomer Bootcamp	April	Loft
	4:30P-5:15P	SH'BAM®	Lacey	B
	5:30P-6:30P	Muscle Pump	Julie	B
6:30P-7:30P	ZUMBA® Fitness	Mandy	B	
WE	8:30A-9:30A	Body Design	Stephanie S.	B
	9:00A-10:00A	Bootcamp	Jenni	Loft
	9:30A-10:00A	Core	Stephanie S.	B
	10:00A-11:00A	Boomer Barre	Kay	A
	4:30P-5:30P	ZUMBA® Fitness	Eilaf	C
	4:30P-5:30P	Body Blitz	Vicki	B
	5:30P-6:30P	Body Design	Jenni	B
	6:30P-7:15P	Step	Matt	B
7:15P-8:15P	ZUMBA® Fitness	Amanda	B	
TH	5:15A-6:00A	Muscle Pump	April	B
	8:30A-9:00A	Step	Stephanie S.	B
	9:00A-9:30A	CORE	Stephanie S.	B
	9:00A-10:00A	Bootcamp	Jenni	Loft
	9:30A-10:30A	Muscle Pump	Brenda	B
	9:30A-10:15A	Barre	Stephanie S.	A
	10:00A-10:45A	SilverSneakers® Circuit	Jackie	C
	10:00A-10:30A	CORE	Jenni	Loft
	5:00P-6:00P	ZUMBA® Fitness	Darlene	B
	6:00P-6:45P	PiYo™	Laura	B
	6:45P-7:45P	Muscle Pump	Michael	B
FR	8:30A-9:30A	Muscle Pump	Valerie	B
	9:30A-10:00A	CORE	Valerie	B
	9:30A-10:00A	PiYo™	Stephanie B.	Gymnas- tics
	10:00A-10:45A	Step	Stephanie S.	B
	11:00A-11:45A	Boomer Bootcamp	Jackie	B
	6:00P-7:00P	ZUMBA® Fitness	Charis/Amanda	B

CARDIO & STRENGTH

	Time	Class	Instructor	Room	
SA	8:00A-8:45A	SH'BAM®	Darlene	B	
	8:00A-8:30A	STRONG 30	Renee	C	
	8:30A-9:00A	CORE	Renee	C	
	8:45A-9:15A	Stretch & Roll	Lisa	A	
	9:00A-10:00A	FIERCE	Jenni	B	
	10:00A-11:00A	Body Design	Mindy	B	
	10:30A-11:30A	ZUMBA® Fitness	Ching	A	
	11:00A-12:00P	Muscle Pump	Julie	B	
	SU	9:15A-10:00A	PiYo™	April	B
		10:00A-11:00A	Muscle Pump	April/Julie	B
12:15P-1:30P		Advanced Bootcamp	Jenni	Loft	
2:00P-3:00P		ZUMBA® Fitness	Ching	B	

CYCLE

	Time	Class	Instructor	Room
MO	5:15A-6:00A	Cycle	Sherrie	Cycle
	8:30A-9:00A	Cycle Express	Kristen	Cycle
	9:00A-9:30A	Cycle HIIT	Kristen	Cycle
	9:30A-10:30A	Extreme Ride	Heidi	Cycle
	5:45P-6:30P	Cycle	Julie	Cycle
TU	5:15A-6:00A	Cycle	Kristen	Cycle
	8:30A-9:15A	Cycle	Brenda	Cycle
	5:45P-6:45P	Extreme Ride	Valerie	Cycle
WE	5:15A-6:00A	Cycle	Angie	Cycle
	9:30A-10:30A	Extreme Ride	Ashley E.	Cycle
	5:45P-6:30P	Cycle	Julie	Cycle
TH	5:15A-6:00A	Cycle	Angie	Cycle
	8:30A-9:15A	Cycle	Brenda	Cycle
FR	5:15A-5:45A	Cycle Express	Angie/Kristen	Cycle
	5:45A-6:15A	Cycle HIIT	Angie/Kristen	Cycle
	8:30A-9:15A	Cycle	Stephanie B.	Cycle
SA	7:30A-8:15A	Cycle ends March 28	Heidi	Cycle
SU	9:15A-10:00A	Cycle	Tina	Cycle