

## Group Exercise Schedule—Land & Water

Effective 3/1/20– 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 316.776.8370 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
MO	12:00P-1:00P	Cycle Circuit (begin 3/23)	Kim	A
	5:30P-6:15P	CYCLE	Sherrie	A
TU	6:00A-6:45A	Cycle (Begin 4/1)	Jescia	A
WE	6:00A-6:45A	CYCLE	Sherrie	A
	3:30P-4:15P	CYCLE	Anne	A
TH	11:30A-12:00	Express Cycle (begin 3/23)	Kim	A
	6:30P-7:15 P	CYCLE	Angie	A
FR	6:00A-6:45A	CYCLE (begin 3/1)	Angie	
	12:00P-1:00P	CYCLE CIRCUIT	Kelley	A
SA	10:00A-10:45A	CYCLE	Anne	A
SU	No Classes			

**Bolded classes** are Express Series classes designed to give you a great workout in just 45 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-7:00P  
 Friday-Saturday: 8:00A-12:00P  
 Sunday: Closed

# CARDIO & STRENGTH

	Time	Class	Instructor	Room
<b>MO</b>	6:00A-6:45A	Bootcamp	Napoleon	A
	8:30A-9:15A	Body Blitz	Kelley	A
	8:30A-9:15A	TurboKick (begin 3/1)	Lea Ann	B
	9:300A-10:00A	PiYo (begin 3/1)	Lea Ann	B
	9:30-10:15A	Insanity	Kelley	A
	10:30A-11:30A	Zumba	Rose	B
	12:00P-1:00P	Bootcamp	Jenni B	Turf
	<b>5:30P-6:15P</b>	<b>Sh'Bam</b>	<b>Vi</b>	<b>B</b>
	6:30P-7:15P	Muscle Pump	Vi	A
	7:30-8:15	Zumba	Eilaf	B
<b>TU</b>	8:30A-9:15A	Fierce	Kristian	
	9:30A-10:15A	TurboKick	Kristian	A
	10:30-11:30	Zumba	Jessy	B
	12:00P-1:00P	Muscle Pump	Hannah	A
	<b>5:30P-6:15P</b>	<b>Barre</b>	<b>Pam</b>	<b>B</b>
	5:30P-6:15P	PiYo (begin 3/24)	Shonda	A
	6:15P-7:00P	Strong <small>by Zumba</small> (begin 3/17)	Vi	A
	6:30P-7:15P	Sh'Bam (begin 3/17)	Lacey	B
	7:30P-8:15P	YBox (begin 3/17)	Lacey	Boxing Area
	7:30P-8:15P	Zumba	Charis	B
<b>WE</b>	8:30A-9:15A	Sh'Bam	Joshua	B
	9:30A-10:30A	Bootcamp	Emily	Turf
	9:45A-10:45A	Zumba	Stacy	B
	11:30A-12:15P	Silver Sneakers	Dayla	B
	5:30P-6:15P	Bootcamp	Bethany	Turf
	5:30P-6:00P	Strong30	Renee	A
	6:00P-6:30P	Core Express	Renee	A
	6:30P-7:30P	Zumba	Rose	B
<b>TH</b>	6:00A-6:45A	Bootcamp	Napoleon	A
	8:30A-9:00A	Strong30 (begin 3/1)	Kelley	A
	9:00A-9:30A	Piyo (begin 3/1)	Kelley	A
	9:30A-10:15A	Body Design	Kelley	A
	10:30A-11:15A	Zumba	Eilaf	B
	12:00-12:45	Body Design	Jenni B	A
	5:30P-6:30P	Muscle Pump (begin 4/1)	Jescia	A
	6:45P-7:30P	Ybox Bootcamp	Jescia	Boxing Area
	7:30P-8:15P	Zumba	Charis	B

	Time	Class	Instructor	Room
<b>F</b>	6:00A-6:45A	PiYo	Shonda	B
	8:30A-9:15A	Bootcamp	Kelley	Boxing Area
	8:30A-9:30A	Zumba	Jessy R	B
	9:30A-10:15A	Muscle Pump	Christi	A
<b>Sa</b>	5:30P-6:15P	Strong <small>by Zumba</small> (begin 3/13)	Katie	A
	5:30P-6:15P	Zumba	Eilaf	B
	9:00A-10:00A	Zumba	Melissa W	B
	10:00A-10:30A	Strong30	Angie/Aimee/Holly	B
<b>SU</b>	12:00P-12:45P	Bootcamp	Jalen	Turf
	4:00P-5:00P	Zumba	Veronica	B

# MIND BODY

	Time	Class	Instructor	Room
<b>MO</b>	11:30A-12:15P	Tai Chi for Health	David	B
	6:30P-7:15P	Beginner Yoga	Sherrie	B
<b>TU</b>	9:00A-10:00A	Power Yoga	Linda	B
	12:00P-12:45P	Mat Pilates	Dayla	B
	4:30P-5:30P	Beginner Yoga	Judy	B
<b>WE</b>	9:30-10:30P	Beginner Yoga	Hozanna	A
	5:30P-6:30P	Intermediate Yoga	Hideki	
<b>TH</b>	9:00A-10:00A	Power Yoga	Linda	B
	12:00P-12:45P	Mat Pilates (begin 3/19)	Kim	B
	4:30P-5:30P	Intermediate Yoga (begin 3/26)	Hannah	B
<b>FR</b>	5:30P-6:30P	Power Yoga	Elena	B
	9:30A-10:30A	Intermediate Yoga	Hozanna	B
	10:30A-11:30A	Beginner Yoga	Linda	B
<b>SA</b>	No Classes			