

Group Exercise Schedule—Land & Water Effective 6/22/20– 9/06/20

WHAT'S NEW!

STRONG 45™ is a revolutionary 45-minute high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Stop counting the reps. Start training to the beat. **STRONG 45™** combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees, and jumping jacks all SYNCed to original music. If you've got 45-minutes, you've got time to blitz this high-intensity workout experience with us.

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 316.264.9374 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	10:00A-10:45A	Water Works	Tonya	Family
	5:30P-6:15P	Water Tabata	Bethany	Family
TU	8:00A-9:00A	Water Tabata	Kristin	Family
WE	10:00A-10:45A	Water Works	Tonya	Family
	12:00P-12:45P	Water Tabata	Richard	Family
TH	8:00A-9:00A	Water Works	Kristin	Family
	5:30P-6:15P	Hydrobox	Bethany	Family
FR	5:30P-6:15P	Water Tabata	Sabrina	Family
SA	No Classes			
SU	3:00P-3:45P	Water Tabata	Sabrina	Family

CYCLE

MO	11:45A-12:45P	Cycle Core	Tralaine	C
	6:30P-7:15P	Cycle	Angie	C
TU	5:45P-6:30P	Cycle	Don	C
WE	11:45A-12:45P	Cycle Circuit	Tralaine	C
	5:30P-6:15P	Cycle	Jescia	C
TH	5:15A-6:15A	Cycle Core	Jescia	C
	5:45P-6:30P	Cycle	Don	C
FR	5:15A-6:00A	Cycle	Angie/Daisy	C
SA	No Classes			
SU	No Classes			

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-12:00P and 4:00P-8:30P
Saturday 8:00A-12:00P
Sunday 1:00P-4:00P

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	9:30A-10:30A	ZUMBA® Fitness	Erica	A
	4:30P-5:30P	Muscle Pump	Kirk	A
	5:00P-5:30P	CORE	Josh	B
	5:30P-6:30P	Strong 60	Jessie	A
	6:30P-7:30P	ZUMBA® Fitness	Jessie	A
TU	5:15A-6:15A	Muscle Pump	Valerie	A
	9:30A-10:30A	Boomer Bootcamp	Rachael	B
	4:30P-5:30P	ZUMBA® Fitness	Erica	A
	5:30P- 6:30P	Muscle Pump	Jescia	A
	6:30P-7:15P	Barre	Jescia	A
WE	8:30A-9:30A	ZUMBA® Fitness	Jessy	A
	9:00A-10:00A	SilverSneakers® Circuit	Shalen	B
	9:30A-10:30A	Bootcamp	Rachael	A
	5:00P-5:30P	CORE	Josh	B
	7:15P-8:00P	ZUMBA® Fitness	Melissa	A
TH	8:30A-9:30A	ZUMBA® Fitness	Jessie	A
	9:30A-10:30A	Muscle Pump	Heather	A
	12:00P-12:45P	Strong 45	Jessie	A
	4:30P-5:30P	ZUMBA® Fitness	Erica	A
	5:30P- 6:15P	Body Blitz	Cheryl/ Valerie	A
	6:15P- 7:15P	PiYo®	Caroline	A
FR	10:00A-10:30A	CORE	Josh	A
	10:30A-11:00A	Stretch & Roll	Josh	A
	11:00A-12:00P	PiYo®	Heather	A
	5:30P-6:30P	Bootcamp	Josh	A
	6:30P- 7:30P	ZUMBA® Fitness	Erica	A
SA	9:00A-10:00A	Bootcamp	Josh	A
	10:00A-11:00A	Muscle Pump	Rusty	A
	11:00A-12:00P	ZUMBA® Fitness	Rose	A
SU	10:00A-11:00A	Muscle Pump	Rusty	A
	11:00A-12:00P	Y-Box	Rusty	A



MIND BODY

MO	5:30P-6:30P	Intermediate Yoga	Jescia	B
TU	10:30A-11:30A	Tai Chi for Health	David	A
	12:00P-12:45P	Intermediate Yoga	Valerie	B
	5:30P-6:30P	Intermediate Yoga	Rusty	B
WE	No Classes			
TH	10:30A-11:30A	Tai Chi for Health	David	A
	12:00P-12:45P	Intermediate Yoga	Valerie	B
	4:30P-5:30P	Beginner Yoga	Ginger	B
	5:30P-6:30P	Intermediate Yoga	Ginger	B
FR	No Classes			
SA	10:00A-11:00A	Intermediate Yoga	Ginger	B
SU	No Classes			

