

**ANDOVER YMCA****Group Exercise Schedule—Land & Water****Effective 7/31/20—09/06/20****CARDIO & STRENGTH**

	Time	Class	Instructor	Room
<b>MO</b>	8:30A-9:15A	Body Blitz	Renee	B
	9:30A-10:15A	ZUMBA® Fitness	Stacy	Gym 2
	10:00A-11:00A	Barre	Kay	A
	5:30P-6:15P	PiYo™	Laura	B
	6:30P-7:30P	ZUMBA® Fitness	Charis	B
<b>TU</b>	8:30A-9:15A	TurboKick™	Stephanie B.	B
	9:30A-10:30A	ZUMBA® Fitness	Amanda	B
	10:00A-10:45A	SilverSneakers® Classic	Jackie	C
	4:30P-5:15P	Body Design	Jenni	B
	5:30P-6:15P	Muscle Pump	Kristen	B
	6:30P-7:30P	ZUMBA® Fitness	Mandy	B
<b>WE</b>	8:30A-9:15A	Body Design	Renee	B
	9:30A-10:30A	ZUMBA® Fitness	Amanda	B
	10:00A-11:00A	Boomer Barre	Kay	A
	5:30P-6:15P	Body Design	Jenni	B
	6:30P-7:15P	Step	Matt	B
<b>TH</b>	8:30A-9:15A	Y-Box	Kristen	B
	9:30A-10:30A	Bootcamp	Jenni	B
	10:00A-10:45A	SilverSneakers® Circuit	Jackie	C
	4:30P-5:15P	Muscle Pump	April	B
	5:30P-6:15P	PiYo™	Laura	B
	6:30P-7:30P	ZUMBA® Fitness	Mandy	B
<b>FR</b>	7:30A-8:15A	Muscle Pump	April	B
	8:30A-9:15A	Muscle Pump	April	B
	9:30A-10:15A	ZUMBA® Fitness	Tiffany	Gym 2
	11:15A-12:15A	Boomer Bootcamp	Jackie	B
<b>SA</b>	8:00A-9:00A	ZUMBA® Fitness	Angie	B
	9:15A-10:00A	FIERCE	Jenni	B
	10:00A-11:00A	ZUMBA® Fitness	Amy	A
	10:15A-11:00A	Body Design	Jenni	B
<b>SU</b>	No Classes			

**WATER EXERCISE**

	Time	Class	Instructor	Room
<b>MO</b>	7:30A-8:15A	Aqua Body Design	Jackie	Lap
	8:30A-9:30A	Aqua Body Design	Jackie	Lap
	11:15A-12:00P	Boomer Water Works	Jackie	Family
<b>TU</b>	8:30A-9:30A	Deep Water Tabata	Jackie	Lap
	11:15A-12:00P	Arthritis Water Exercise	Jackie	Family
<b>WE</b>	8:30A-9:30A	Deep Water	Jackie	Lap
	11:15A-12:00P	Boomer Water Works	Jackie	Family
<b>TH</b>	7:30A-8:15A	Water Bootcamp	Jackie	Lap
	8:30A-9:30A	Water Bootcamp	Jackie	Lap
	11:15A-12:00P	Deep Water Arthritis	Jackie	Family
<b>FR</b>	8:30A-9:30A	Water Tabata	Brandi	Lap
<b>SA</b>	No Classes			
<b>SU</b>	No Classes			

**MIND BODY**

	Time	Class	Instructor	Room
<b>MO</b>	9:00A-10:00A	Intermediate Yoga	Lisa	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
<b>TU</b>	10:00A-11:00A	Pilates	Kay	A
<b>WE</b>	8:00A-9:00A	Intermediate Yoga	Gay	Turf
	6:00P-7:00P	Beginner Yoga	Jackie	A
<b>TH</b>	5:30P-6:30P	Beginner Yoga	Ashley	C
<b>FR</b>	No Classes			
<b>SA</b>	7:30A-8:30A	Intermediate Yoga	Lisa	Turf

**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!

**KID ZONE HOURS**

Drop in nursery available for members' children ages 6 weeks to 7 years  
 Monday-Thursday 8:00A-12:00P and 4:00P-8:30P  
 Friday 8:00A-12:00P and 4:00P-7:30P  
 Saturday 8:00A-12:00P  
 Sunday 1:00P-4:00P