

## WICHITA YMCAs

### Express Series Schedule—Land & Water

08/20– 10/31/20

Express Series is a revolutionary 45-minute high-intensity interval workout designed to motivate you to crush your ultimate fitness goals. Start training to the beat. **STRONG** workouts include body weight, muscle conditioning, cardio, plyometrics, and fun moves like high knees, burpees, and jumping jacks to a high-energy musical soundtrack. If you've got 45-minutes, you've got the time for a high-intensity workout experience with us.

Express Series classes on this schedule are ongoing, for ages 13+ and require a Y membership - no signup required!

For more information or to register, please call 316.264.9374 to find out about Express Series. Please refer to schedules regularly (available at [ymcawichita.org](http://ymcawichita.org)) or check our mobile app for up-to-date information.

**NEW TO GROUP EXERCISE AND NERVOUS?** Call or stop by the front desk to set up a free introductory session. Get acquainted with group exercise equipment and fitness levels.

### OPPORTUNITIES

**FREE MINI TRAINING** - Take advantage of these free mini training sessions throughout the day. Join our fitness experts as they demonstrate proper exercise form, targeted workouts, or a host of other fitness opportunities. No sign up necessary. Schedules posted each week at the front desk.

**FREE CONSULTATION** - Whether it's to show you how to work a specific piece of equipment, our Fitness Floor staff is available to answer your questions. If you need a little extra help, a free appointment with your Y's fitness director to help you get started.

**FREE TRIAL** - Meet with a trainer for a free trial session. Includes PILATES TOWERS at select locations. Partner or group training fees apply.

**GET THE APP!** Download the Y's mobile app! Group Exercise, Open Gym, and Open Climbing Wall schedules are available in the app. Get it on the App Store or Google Play!



## WATER EXERCISE

	Time	Class
<b>MO</b>	10:00A-10:45A	Water Works
	5:30P-6:15P	Water Tabata
<b>TU</b>	8:00A-9:00A	Water Tabata
<b>WE</b>	10:00A-10:45A	Water Works
	12:00P-12:45P	Water Tabata
<b>TH</b>	8:00A-9:00A	Water Works
	5:30P-6:15P	Hydrobox
<b>FR</b>	5:30P-6:15P	Water Tabata
<b>SA</b>	10:00A- 11:00A	Water Works
<b>SU</b>	3:00P-3:45P	Water Tabata

## CYCLE

<b>MO</b>	11:45A-12:45P	Cycle
<b>TU</b>	5:45P-6:30P	Cycle
<b>WE</b>	11:45A-12:45P	Cycle Circuit
	5:30P-6:30P	Cycle
<b>TH</b>	5:15A-6:15A	Cycle Core
	5:45P-6:30P	Cycle
<b>FR</b>	5:30A-6:15A	Cycle Circuit
<b>SA</b>	No Sunday Classes Scheduled	
<b>SU</b>	No Sunday Classes Scheduled	

**Bolded classes** are Express Series classes designed for a great workout in just 30 minutes.

### KID ZONE HOURS

Drop in nursery available for members' children ages 6 w

Monday–Thursday 8:00A– 12P, 4:00P– 8:30P

Friday 8:00A– 12:00P, 4:00P–7:30P

Saturday 8:00A– 12:00P

Sunday 1:00P– 4:00P



## CARDIO & STRENGTH

Class	Instructor	Room
ZUMBA® Fitness	Erica	A
Bootcamp	Joanna	B
Strong® Nation	Jessie	A
Muscle pump	Kirk	A
<b>CORE</b>	<b>Josh</b>	<b>B</b>
Strong® Nation	Jessie	A
ZUMBA® Fitness	Jessie	A
Youth Bootcamp	David	Gym
Muscle Pump	Valerie	A
Boomer Bootcamp	Rachael	A
ZUMBA® Fitness	Rachael	A
Muscle Pump	Jescia	A
YBox	Jescia	A
ZUMBA® Fitness	Jessy	A
Silver sneakers®	Angela	B
<b>Express Bootcamp</b>	<b>Rachael</b>	<b>A</b>
<b>CORE</b>	<b>Josh</b>	<b>B</b>
PiYo	Caroline	A
ZUMBA® Fitness	Melissa	A
ZUMBA® Fitness	Jessie	A
Bootcamp	Heather	A
ZUMBA® Fitness	Erica	A
<b>Body Blitz</b>	<b>Cheryl/ Valerie</b>	<b>A</b>
<b>Core</b>	<b>Cheryl/ Valerie</b>	<b>A</b>
ZUMBA® Fitness	Eilaf	A
Youth Bootcamp	JaMarques	Gym
<b>CORE</b>	<b>Josh</b>	<b>A</b>
<b>Stretch &amp; Roll</b>	<b>Josh</b>	<b>A</b>
PiYo®	Heather	A
ZUMBA® Fitness	Erica	A
Bootcamp	Kim	A
Muscle Pump	Kirk	A
ZUMBA® Fitness	Rose	A
Muscle Pump	Rusty	A
Y-Box	Rusty	A

## MIND BODY

<b>MO</b>	5:30P-6:30P	Intermediate Yoga
<b>TU</b>	10:30A-11:30A 12:00P-12:45P 5:30P-6:30P	Tai Chi for Health Intermediate Yoga Intermediate Yoga
<b>WE</b>	6:15P-7:15P	Power Yoga
<b>TH</b>	10:30A-11:30A 12:00P-12:45P 5:30P- 6:30P	Tai Chi for Health Intermediate Yoga Intermediate Yoga
<b>FR</b>	5:30P- 6:30P	Intermediate Yoga
<b>SA</b>	9:00A-10:00A 10:00A-11:00A	Beginner Yoga Intermediate Yoga
<b>SU</b>	2:00P- 3:00P	Beginner Yoga

