

# EL DORADO YMCA

## Group Exercise Schedule—Land & Water

Effective 9/8/2020– 10/31/2020

**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 316.838.9622 to find out about class cancellations. Please refer to schedules regularly (available at the front desk or [ymcawichita.org](http://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.

### YMCA 360 ON-DEMAND CLASSES NOW AVAILABLE IN GYM 1

Life happens and sometimes life means you miss your favorite class. Stay active with the classes you know and love, in the studio with all the space and equipment you need. YMCA 360 matches your schedule with a growing library of online videos ready to go with a touch of a button.

### 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 NEW mobile app! Group Exercise, Open Swim, Lap Pool, Open Gym, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!



Updated 7/25/19



CYCLE			
	Time	Class	Instructor Room
<b>TU</b>	6:00P-7:00P	Cycle	Cheri B
<b>WE</b>	8:00A-8:45A	Cycle	Toni B
<b>TH</b>	6:00P-7:00P	Cycle	Cheri B

WATER EXERCISE			
	Time	Class	Instructor Room
<b>MO</b>	8:30A-10:00A	Water Volleyball	None Family
	10:15A-11:00A	Water Bootcamp	Bert Family
<b>TU</b>	10:15A-11:15A	Water Bootcamp	Kera/Bert Family
	6:45p-7:45P	Water Bootcamp	Wendy Family
<b>WE</b>	10:15A-11:00A	Water Tabata	April Family
	11:00A-11:45A	Water Arthritis	April Family
<b>TH</b>	10:15A-11:15A	Water Works	Diana Family
	6:45p-7:45P	Water	Wendy Family
<b>FR</b>	8:30A-10:00A	Water Volleyball	None Family

**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 | 4:00P-7:00P  
 Saturday 8:00A-12:00P  
 Sunday CLOSED

**CARDIO & STRENGTH**

Time	Class	Instructor	Room
<b>MO 8:30A-9:00A</b>	<b>Cardio Craze</b>	<b>Katrina</b>	<b>B</b>
9:00A-10:00A	Muscle Pump	Katrina	B
<b>12:15P-12:45P</b>	<b>Bootcamp (HIIT)</b>	<b>Bert</b>	<b>Gym 1</b>
<b>TU 5:00A-6:00A</b>	<b>Bootcamp (Strength)</b>	<b>Kody</b>	<b>Gym 1</b>
9:00A-10:00A	Bootcamp (Cardio and Stength)	Kera	Gym 1
<b>12:15P-12:45 P</b>	<b>Bootcamp (Kettlebell)</b>	<b>Bert</b>	<b>Gym 1</b>
<b>WE 8:30A-9:00A</b>	<b>CORE</b>	<b>April</b>	<b>A</b>
9:00A-10:00A	Body Design SilverSneakers® Circuit	April	A
10:00A-11:00A		Collette	B
12:15P-1:00P	Bootcamp (HIIT)	Bert	Gym 1
<b>4:30P-5:00P</b>	<b>Cardio Craze</b>	<b>Katrina</b>	<b>B</b>
5:00P-6:00P	Muscle Pump	Katrina	B
<b>TH 5:00A-6:00A</b>	<b>Bootcamp (Tabata)</b>	<b>Bert</b>	<b>Gym 1</b>
8:00A-9:00A	Barre SilverSneakers® Circuit	Julie	B
9:00A-10:00A		Julie	B
9:00A-10:00A	Bootcamp (Boxing)	Kera	Gym 1
12:15P-1:00P	Bootcamp (HIIT)	Bert	Gym 1
<b>FR 12:15P-12:45P</b>	<b>CORE</b>	<b>Dalton</b>	<b>A</b>
<b>SA 9:00A-9:30A</b>	<b>Bootcamp (Tabata)</b>	<b>Bert</b>	<b>Gym 1</b>
<b>9:30A-10:00A</b>	<b>CORE</b>	<b>Bert</b>	<b>Gym 1</b>

**MIND BODY**

Time	Class	Instructor	Room
<b>TU 9:00A-10:00A</b>	<b>Yoga</b>	<b>Jan</b>	<b>B</b>
10:00A-11:00A	Pilates	Jan	B
<b>WE 11:00A-12:00P</b>	<b>Tai Chi</b>	<b>Collette</b>	<b>B</b>
<b>TH 9:00A-10:00A</b>	<b>Yoga</b>	<b>Jan</b>	<b>A</b>
10:00A-11:00A	Pilates	Jan	A
<b>FR 9:00A-10:00A</b>	<b>Pilates</b>	<b>Kera</b>	<b>A</b>