

WEST YMCA

Group Exercise Schedule—Land & Water

Effective 9/8/20-10/31/20

JOIN ANYTIME! All classes on this schedule are ongoing, for ages 13 and up, 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) 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 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 9/2/20



WATER EXERCISE

	Time	Class	Instructor	Room
MO	8:15A-9:00A	Water Tabata	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Water Works	Norma	Family
	5:15P-6:00P	Arthritis Water Exercise	Rhonda	Family
TU	8:00A-8:45A	Water Tabata	Cyndi	Family/Lap
WE	8:15A-9:00A	Water Works	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Boomer Water Works	Norma	Family
	5:15P-6:00P	Arthritis Water Exercise	Janice	Family
	6:00P-6:45P	Water Tabata	Janice	Family
TH	9:00A-10:00A	Water Tabata	Jana	Family/Lap
FR	8:15A-9:00A	Silver Sneakers Splash®	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Arthritis Water Exercise	Norma	Family
SA	12:15P-1:00P	Arthritis Water Exercise	Rhonda	Family



MIND BODY

MO	8:15A-9:15A	Intermediate Yoga	Leslie	Studio A
	7:00P-8:00P	Intermediate Yoga	Lauren	Studio C
TU	10:00A-11:00A	Pilates	LeeAnn	Studio A
	5:15P-6:15P	Beginner Yoga	Leland	Studio A
WE	8:30A-9:30A	Intermediate Yoga	Janice	Studio A
TH	10:30-11:30A	Chair Yoga	Collette	Studio A
	5:15P-6:15P	Beginner Yoga	Janice	Studio A
SA	8:30A-9:30A	Intermediate Yoga	Leland	Studio A
SU	1:15P-2:15P	Intermediate Yoga	Janice/Saovany	Studio A

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 wks to 7 yrs

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



CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	9:00A-10:00A	TurboKick™	Kristian	Studio C
	9:30A-10:25A	PIYO®	Caroline	Studio A
	9:30A-10:00A	Core Express	Polly	Studio B
	10:00A-11:00A	Muscle Pump	Stacey	Studio C
	10:00A-10:45A	Cardio Party!	Polly	Studio B
	10:30A-11:30A	SilverSneakers® Classic	Joyce	Studio A
	12:00P-1:00P	Muscle Pump	Jackie	Studio C
	6:00P-6:30P	Step Express	Dee	Studio C
	6:30P-7:00P	Body Blitz Express	Dee	Studio C
	7:00P-8:00P	ZUMBA® Fitness	Sarah B	Studio A
TU	6:00A-6:45A	STRONG NATION®	Jessie	Studio A
	8:30A-9:00A	Boomer Cardio CRAZE	Polly	Studio C
	9:00A-10:00A	Boomer Muscle Pump	Polly	Studio C
	9:30A-10:00A	Stretch & Roll	LeeAnn	Studio A
	9:30A-10:30A	ZUMBA® Fitness	Veronica	Studio B
	5:45P-6:45P	Muscle Pump	Stacey	Studio C
6:30P-7:30P	ZUMBA® Fitness	Jessie	Studio A	
WE	10:00A-11:00A	SilverSneakers® Classic	Summer	Studio A
	12:00P-1:00P	Muscle Pump	Stacey	Studio C
	6:30P-7:30P	Beginner Bootcamp	Joyce	Studio B
	7:00P-8:00P	ZUMBA® Fitness	Sarah B	Studio A

CARDIO & STRENGTH

	Time	Class	Instructor	Room	
TH	5:00A-6:00A	Muscle Pump	Tralaine	Studio C	
	9:00A-10:00A	Muscle Pump	Janice	Studio C	
	9:30A-10:30A	SilverSneakers® Circuit	Collette	Studio A	
	10:00A-11:00A	Boomer Bootcamp	Joyce	Studio B	
	5:45P-6:45P	Muscle Pump	Vi	Studio C	
	6:45P-7:30P	TurboKick™	Vi	Studio C	
	6:30P-7:30P	ZUMBA® Fitness	Melissa	Studio A	
	FR	7:30A-8:30A	Bootcamp	Joyce	Gym
		8:30A-9:30A	ZUMBA® Fitness	Jessie	Studio C
		9:30A-10:15A	Step	Jackie	Studio C
10:00A-10:30A		Stretch & Roll	Joyce	Studio B	
10:15A-11:00A		BodyBlitz	Jackie	Studio C	
12:00P-1:00P		Muscle Pump	Sarah W	Studio C	
5:30P-6:30P		ZUMBA® Fitness	Todd	Gym	
6:30P-7:30P		STRONG NATION®	Todd/Jessie	Gym/ Studio A	
SA		8:00A-9:00A	Body Design	Heidi	Studio B
		9:00A-10:00A	ZUMBA® Fitness	Rose	Studio C
SU	12:00P-1:00P	ZUMBA® Fitness	Todd	Studio A	
	12:00P-1:00P	Muscle Pump	Tralaine/ Whitney	Studio C	

CYCLE

MO	5:00A-6:00A	Cycle Circuit	Whitney	Studio B
	5:30P-6:15P	Cycle	Stacey	Studio B
WE	5:00A-6:00A	Cycle Circuit	Tralaine	Studio B
	5:30P-6:15P	Cycle	Stacey	Studio B
FR	9:00A-9:45A	Cycle	Janice	Studio B
SA	9:00A-9:30A	Cycle Express	Heidi	Studio B