

Y GROUP EXERCISE

Greater Wichita YMCA | We build strong kids, strong families, strong communities. | www.ymcawichita.org

Andover Branch YMCA

Group Exercise - Land Schedule

Revised July 1 through August 31

All Classes on this schedule are included in YMCA membership!

EXPRESS SERIES CLASSES! Designed to give you a great workout in just thirty minutes! Look for these classes in **BOLD**!

Time	Class	Instructor	Studio
MONDAY			
5:30-6:30am	Rip and Ride	Nathan	Spin
5:30-6:30am	Ultimate Strength & Cardio	Kristen	B
8:30-9:30am	Ultimate Strength & Cardio	Rebecca	B
8:30-9:15am	Cycle	Katie	Spin
8:30-9:30am	* Basics to Yoga-4 week classes July 5-26	Gay	C
9:30-10:00am	Y-Box Express	Rebecca	B
9:30-10:15am	Kids Cycle must be 4'10" to participate	Angie	Spin
9:45-11:00am	Yoga	Pam W.	C
10:00-10:30am	CORE Express	Rebecca	B
4:30-5:00pm	Cardio C.R.A.Z.E. Express	Amanda	B
5:00-5:30pm	CORE Express	Amanda	B
5:30-6:30pm	Pilates	Cynthia	C
5:45-6:30pm	Ultimate Strength & Cardio	Jenni	B
6:30-7:30pm	*Basics to Floor & Step 4 week classes July 5-26 & August 2-23	Matt	B
6:30-7:15pm	Cycle	Sherrie	Spin
6:30-7:30pm	Yoga	Pam W.	C
7:30-8:30pm	Turbokick	Sherrie	B
7:30-8:30pm	Yoga	Pam W.	C
8:30-9:00pm	Pi-Yo Express	Sherrie	B

TUESDAY

5:30-6:15am	Cycle	Kristen	Spin
8:30-9:30am	Turbokick	Katie	B
8:30-9:30am	Rip and Ride	Jamie	Spin
8:30-9:15am	Kids Circuit ages 8-15	Staff	C
9:30-10:30am	Body Design	Cathy	B
9:45-10:30am	**SilverSneakers® / MSROM	Jackie	C
10:30-11:15am	Kids Yoga ages 8-15	Mary Anne	C
12:00-1:00pm	Muscle Pump	Shari	B
4:30-5:15pm	Hip Hop Hustle	Sherrie	B
5:30-6:30pm	Cardio Fusion	Amanda	B
5:30-6:30pm	Yoga	Ashley	C
5:45-6:45pm	Extreme Ride	Angie	Spin
6:30-7:30pm	Pilates	Ashley	C
6:30-7:30pm	Muscle Pump	Brandi	B
7:30-8:30pm	*Basics to Yoga 4 week classes July 6-27 & August 3-24	Lisa	C

WEDNESDAY

5:30-6:30am	Body Design	Kristen	B
8:30-9:15am	Cycle	Shari	Spin
8:30-9:30am	Body Design	Stephanie	B
9:30-10:15am	Kids Cycle must be 4'10" to participate	Angie	Spin
9:30-10:00am	Step Express	Stephanie	B
10:00-10:30am	CORE Express	Stephanie	B
9:45-11:00am	Yoga	Pam W.	C
4:30-5:00pm	Step Express	Amanda	B
5:00-5:30pm	CORE Express	Amanda	B
4:30-5:30pm	Yoga	Cynthia	C
5:30-6:30pm	Pilates	Cynthia	C
5:30-6:30pm	Extreme Ride	Shari	Spin
5:45-6:30pm	Body Design	Jenni	B
6:30-7:15pm	Step	Matt	B
6:30-7:30pm	Yoga	Karen	C
7:15-8:15pm	Turbokick	Dan	B

* This class requires pre-registration at the member service desk.

NEW OR RETURNING TO A FITNESS ROUTINE? Try SHADED Healthseeker Classes! "Basics To" classes require pre-registration at Member Service Desk.

Time	Class	Instructor	Studio
THURSDAY			
5:30-6:15am	Cycle	Angie	Spin
8:30-9:30am	Y-Box	Kristen	B
8:30-9:30am	Rip and Ride	Jamie	Spin
8:30-9:30am	Yoga	Shari	C
9:30-10:30am	Ultimate Strength & Cardio	Mindy	B
9:45-10:30am	**SilverSneakers® / MSROM	Jackie	C
4:30-5:30pm	Body Design	Stephanie	B
5:30-6:30 pm	Body Blitz	Stephanie	B
5:30-6:30pm	Yoga	Brad	C
5:45-6:45pm	Extreme Ride	Jackie	Spin
6:30-7:30pm	Yoga	Mary Anne	C

FRIDAY

5:30-6:15am	Cycle	Angie	Spin
8:30-9:30am	Yoga	Lisa	C
8:30-9:30am	Muscle Pump	Valerie	B
9:30-10:30am	Cardio Fusion	Valerie	B

SATURDAY

7:30-8:30am	Extreme Ride	Shari	Spin
7:30-8:30am	Muscle Pump	Nathan	B
8:30-9:30am	*Basics to Cycle 4 week classes August 3-24	Shari	Spin
8:30-9:45am	Power Yoga	Lisa	C
9:00-10:00am	Yoga-Outdoor Pool Deck	Brad	Pool
9:00-10:00am	All Tapped Out	Jenni	B
10:00-11:00am	Body Design	Mindy	B
11:00-11:30am	CORE Express	Mindy	B

SUNDAY

10:30-11:45am	Yoga	Gay	C
12:00-1:00pm	Ultimate Strength & Cardio	Jenni	B
1:00-2:00pm	Turbokick	Brandi	B

NEW! EXPRESS FITNESS

Enjoy 30 minute, full-body circuit training classes in the loft during the following times (classes begin every 30 minutes):

MWF	5:15-6:15am
M-TH	5:00-6:30pm
Tu,Th,Sa	8:30-9:30am
Su	1:30-2:30pm



KIDS ZONE HOURS

Monday-Friday	8:00 am-8:30pm
Monday-Friday	8:00 am-8:30pm
Saturday	8:30am-3:00pm
Sunday	11:00am-3:00pm

All classes are ongoing, and are open to members ages 13 and up... join in at any time! Classes are canceled when USD 259 cancels school due to inclement weather. Call first to ensure class will be held (838-9622). Classes may be canceled or times may change due to low attendance. Please refer to schedules regularly or check online at www.ymcawichita.org for up-to-date information.

additional information and branch class schedules are available at www.ymcawichita.org