

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 March 1 through April 30

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	Extreme 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
9:30-10:00am	Y-Box Express	Rebecca	B
9:45-11:00am	Beginner Yoga	Pam W.	C
10:00-10:30am	CORE Express	Rebecca	B
4:30-5:00pm	Cardio C.R.A.Z.E. Express	Cathy	B
5:00-5:30pm	CORE Express	Cathy	B
5:30-6:30pm	Ultimate Strength & Cardio	Cathy	B
5:30-6:30pm	Pilates	Cynthia	C
6:30-7:15pm	*Basics to Floor & Step 8 week classes run 3/1-4/24	Matt	B
6:30-7:15pm	Cycle	Sherrie	Spin
6:30-7:30pm	Yoga	Pam W.	C
7:15-8:15pm	Turbokick	Sherrie	B
7:30-8:30pm	Beginner Yoga	Pam W.	C
8:15-8:45pm	Pi-Yo Express	Sherrie	B

Time	Class	Instructor	Studio
TUESDAY			
5:30-6:30am	F'ab Ride	Kristen	Spin/C
8:30-9:30am	Turbokick	Katie	B
8:30-9:30am	Rip and Ride	Jamie	Spin/C
9:30-10:30am	Body Design	Cathy	B
9:45-10:30am	**SilverSneakers® / MSROM	Jackie	C
10:30-11:30pm	Yoga	Cynthia	C
12:00-1:00pm	*Basics to Pilates 8 week classes run 3/1-4/24	Joy	C
12:00-1:00pm	Muscle Pump	Sarah	B
4:30-5:30pm	Ultimate Strength & Cardio	Heidi	B
5:30-6:30pm	Cardio Fusion	Cathy	B
5:30-6:30pm	Yoga	Mary Anne	C
5:45-6:45pm	Extreme Ride	Angie	Spin
6:30-7:30pm	*Basics to Pilates 8 week classes run 3/1-4/24	Ashley	C
6:30-7:30pm	Muscle Pump	Brandi	B
7:30-8:30pm	*Basics to Yoga 8 week classes run 4/1-5/29	Lisa	C
7:30-8:30pm	Hip Hop Hustle	Sherrie	B

Time	Class	Instructor	Studio
WEDNESDAY			
5:30-6:30am	Body Design	Kristen	B
8:30-9:15am	Cycle	Shari	Spin
8:30-9:30am	Body Design	Stephanie	B
9:30-10:00am	Step Express	Stephanie	B
10:00-10:30am	CORE Express	Stephanie	B
9:45-11:00am	Beginner Yoga	Pam W.	C
4:30-5:00pm	Step Express	Sarah	B
5:00-5:30pm	CORE Express	Sarah	B
4:30-5:30pm	Yoga	Cynthia	C
5:30-6:30pm	Pilates	Cynthia	C
5:30-6:30pm	Body Design	Jenni	B
5:30-6:30pm	Extreme Ride	Shari	Spin
6:30-7:15pm	Beginner Step	Matt	B
6:30-7:30pm	Yoga	Karen	C
7:15-8:15pm	Turbokick	Dan	B

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

* 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			
5:15-6:15am	F'ab Ride	Jescia	Spin/C
8:30-9:30am	Y-Box	Kristen	B
8:30-9:30am	Rip and Ride	Jamie	Spin/C
9:30-10:30am	Muscle Pump	Sarah	B
9:45-10:30am	**SilverSneakers® / MSROM	Jackie	C
10:30-11:30am	Yoga	Shari	C
12:00-1:00 pm	Beginner Pilates	Joy	C
12:15-1:15pm	Body Blitz	Ruth	B
4:30-5:30pm	Body Design	Stephanie	B
5:30-6:30 pm	Body Blitz	Stephanie	B
5:30-6:30pm	Yoga	Brad	C
5:30-6:30pm	Extreme Ride	Nathan	Spin
6:30-7:30pm	*Basics to Yoga 8 week classes run: 3/1-4/24	Ashley	C
6:30-7:00pm	Y Box Express	Jenni	B
7:00-7:30pm	CORE Express	Jenni	B

Time	Class	Instructor	Studio
FRIDAY			
5:30-6:15am	Cycle	Angie	Spin
5:30-6:15am	Body Blitz	Kristen	B
8:30-9:30am	Yoga	Lisa	C
8:30-9:30am	Muscle Pump	Valerie	B
9:30-10:30am	Cardio Fusion	Valerie	B

Time	Class	Instructor	Studio
SATURDAY			
7:30-8:30am	Extreme Ride	Heidi	Spin
8:00-9:00am	Muscle Pump	Nathan	B
8:30-9:15am	*Basics to Cycle 8 week classes run 3/1-4/24	Shari	Spin
8:45-10:00am	Power Yoga	Heidi	C
9:00-10:00am	All Tapped Out	Jenni	B
10:00-11:00am	Body Design	Mindy	B
10:00-11:00am	**SilverSneakers® / Cardio Circuit	Kim	C
10:30-11:45am	Rip and Ride	Pam	Spin/C
11:00-11:30am	CORE Express	Mindy	B
11:00-12:00pm	Basics to Yoga 8 week classes run 4/1-5/29	Karen	C
12:00-1:00pm	Yoga	Karen	C

Time	Class	Instructor	Studio
SUNDAY			
9:30-10:30am	Cardio Fusion	Valerie	B
10:30-11:15am	Body Blitz	Valerie	B
10:30-11:45am	Yoga	Gay	C
12:00-1:00pm	Ultimate Strength & Cardio	Jenni	B
1:00-2:00pm	Turbokick	Brandi	B
1:30-2:15pm	Cycle	Tina	Spin

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



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