



GROUP EXERCISE

ANDOVER YMCA Group Exercise - Land Schedule February 1 through May 31

Join anytime! All classes on this schedule are ongoing, for ages 13 and up, and are included in YMCA membership. In case of inclement weather, please visit www.ymcawichita.org to find out about class cancellations or call 316.838.9622. Please refer to schedules regularly or check online information at www.ymcawichita.org for up-to-date information.

Shaded classes are for those new or returning to fitness. *Note: Basics To classes require pre-registration at Member Service Desk.

Bolded classes are Express Series classes designed to give you a great workout in just 30 minutes.

Time	Class	Instructor	Room
MONDAY			
5:15-6:15A	Express Fitness (2 classes)	Ken	Loft
5:30-6:30A	Yoga	Steve	C
5:30-6:15A	Tubokick	Anna	B
8:30A-9:15A	Cycle	Thordis	Spin
8:30-9:30A	Body Design	Heidi	B
9:30-10:30A	Zumba	Laura	B
9:05-10:20A	Yoga	Pam	C
10:30-11:30A	Tai Chi for Health	Dave	C
10:30-11:00A	Body Blitz	Laura	B
4:30-5:30P	Muscle Pump	April	B
5:30-6:30P	Express Fitness (2 classes)	Michele	Loft
5:30-6:30P	Pilates	Cynthia	C
5:30-6:30P	Turbokick	Sherrie	B
5:30-6:15P	Cycle	Anna	Spin
6:30-7:30P	* Basics to Floor & Step	Matt	B
6:30-7:15P	Cycle	Sherrie	Spin
6:30-7:45P	Yoga	Pam	C
7:30-8:15P	Body Blitz	Arin	B
8:15-9:00P	Zumba	Sasha	B

TUESDAY			
5:30-6:30A	Body Design	Angel	B
5:30-6:15A	Cycle	Tina	Spin
8:30-9:30A	Express Fitness (2 classes)	Sarah	Loft
8:30-9:00A	Turbokick	Stephanie B	B
8:30-9:30A	Rip and Ride	Jamie	Spin
8:45-9:30A	Pilates	Sara	C
9:00-9:30A	CORE	Stephanie B	B
9:30-10:30A	Body Design	Brenda	B
9:45-10:30A	SilverSneakers @/MSROM	Jackie	C
10:30-11:30A	Yoga	Cynthia	C
4:30-5:30P	Hustle	Sherrie	B
5:30-6:30P	Express Fitness (2 classes)	Jodi	Loft
5:30-6:30P	Ultimate Strength & Cardio	Jamie	B
5:30-6:30P	Yoga	Ashley	C
5:45-6:45P	Extreme Ride	Angie B.	Spin
6:30-7:30P	Zumba	Mandy	B
6:30-7:30P	* Basics to Yoga	Lisa	C
6:45-7:30P	Cycle	Jescia	Spin
7:30-8:30P	Muscle Pump	Brenda	B

WEDNESDAY			
5:15-6:15A	Express Fitness (2 classes)	Ken	Loft
5:30-6:30A	Rip and Ride	Anna	Spin
8:30-9:30A	Body Design	Stephanie S.	B
8:30-9:30A	Extreme Ride	Thordis	Spin
9:00-9:45A	Pilates	Summer	C
9:30-10:00A	Step	Stephanie S.	B
10:00-10:30A	CORE	Stephanie S.	B
10:30-11:30A	Tai Chi for Health	Dave	C
4:30-5:00P	Body Blitz	Angie G.	B
5:00-5:30P	CORE	Angie G.	B
5:30-6:30P	Yoga	Mary Anne	C
5:30-6:30P	Body Design	Jenni	B
5:30-6:30P	Express Fitness (2 classes)	Ruth	Loft
5:30-6:30P	Extreme Ride	Arin	Spin
6:30-7:30P	Extreme Ride	Brenda	Spin
6:30-7:15P	Step	Matt	B
6:30-7:30P	Yoga	Karen	C
7:15-8:15P	Turbokick	Dan	B

Time	Class	Instructor	Room
THURSDAY			
5:30-6:15A	Body Blitz	Tina	B
8:30-10:00A	Rip and Ride	Jamie	Spin
8:30-9:30A	Turbokick	Stephanie B.	B
8:30-9:30A	Express Fitness (2 classes)	Sarah	Loft
8:45-9:30A	Pilates	Thordis	C
9:30-10:30A	Body Blitz	April	B
9:45-10:30A	SilverSneakers @/MSROM	Jackie	C
10:30-11:30A	Yoga	Cynthia	C
1:30-2:30P	Zumba	Matt	B
4:30-5:30P	Body Design	Stephanie S.	B
5:30-6:30P	Express Fitness (2 classes)	Michele	Loft
5:30-6:30 P	Body Blitz	Stephanie S.	B
5:30-7:00P	Extreme Ride	Rotates	Spin
5:30-6:30P	Yoga	Brad	C
6:30-7:30P	Zumba	Amanda	B
7:30-8:00P	CORE	Brandy	B
8:00-8:30P	Body Blitz	Brandy	B

FRIDAY			
5:15-6:15A	Express Fitness (2 classes)	Ken	Loft
5:30-6:15A	Cycle	Angie B.	Spin
8:30-9:30A	Muscle Pump	Valerie	B
8:30-9:15A	Cycle	Stephanie B.	Spin
9:00-10:00A	Yoga	Leigh Ann	C
9:30-10:00A	Step	Valerie	B
10:00-10:30A	CORE	Valerie	B
10:30-11:30A	Yoga	Heidi	C
5:30-6:15P	Zumba	Mandy	B
5:30-6:30P	Yoga	Ashley	C

SATURDAY			
7:30-9:00A	Extreme Ride	Heidi	Spin
7:30-8:30A	Muscle Pump	Thordis	B
8:30-9:30A	Express Fitness (2 classes)	Janelle	Loft
9:00-10:00A	Yoga	Lisa	C
9:00-10:00A	Step Interval	Jenni	B
10:00-11:00A	Yoga	Lisa	C
10:00-11:00A	Body Design	Mindy	B
11:00-12:00P	Muscle Pump	Brenda	B

SUNDAY			
8:30-9:00A	Body Blitz	Brandy	B
9:00-9:30A	CORE	Brandy	B
9:30-10:00A	Step	Valerie	B
10:00-10:30A	CORE	Valerie	B
10:30-11:15A	Body Blitz	Valerie	B
10:30-11:45A	Yoga	Gay	C
12:00-1:00P	Body Design	Jenni	B
1:00-2:00P	Turbokick	Brandi	B
1:30-2:30P	Yoga	Beth	C
2:00-3:00P	Zumba	Sasha	B

KID ZONE HOURS:

Drop in nursery available for children of members 6-weeks to 7 years old
 Monday-Friday 8:00A-8:30P
 Saturday 8:30A-3:00P
 Sunday 11:00A-3:00P