



GROUP EXERCISE

CENTRAL YMCA Group Exercise - Land Schedule Effective 01-01-12 to 06-02-12

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	Body Blitz	Deanna	St. A
6:45-7:45A	Cycle	Leanna	St. B
11:00-11:45A	Muscle Pump	Tralaine	St. A
11:45A-12:30P	Cycle	Tralaine	St. B
11:45A-12:15P	CORE Express	Heidi	St. A
12:15-12:45P	Step	Heidi	St. A
5:30-6:30P	Body Blitz- begins Jan 9	Brandy	St. A
5:30-6:30P	Yoga	Jescia	St.C

Time	Class	Instructor	Room
THURSDAY			
5:30-6:30A	Cycle	Dana	St. B
9:00-10:00A	SilverSneakers®/MSROM	Melanie	St. A
10:15-11:00A	Tai Chi for Arthritis	Isabel	St. A
11:45A-12:15P	CORE Express	Shalen	St. A
12:15-12:45P	Step	Shalen	St. A
12:00-12:45P	Yoga	Valerie	St. C
5:45-6:45P	Body Design	Brian	St. A
5:45-6:30P	Cycle	Don	St. B

TUESDAY			
5:30-6:30A	Cycle	Dana	St. B
9:00-10:00A	SilverSneakers®/MSROM	Melanie	St. A
12:00-12:45P	Body Design	Shalen	St. A
12:00-12:45P	Yoga	Valerie	St. C
5:45-6:30P	Cycle	Don	St. B
5:30-6:15P	Body Design	Jescia	St. A
6:30-7:30P	Zumba	Melissa	St. A

SATURDAY			
8:45-9:45A	Cardio Party	Julie	St. A
15 Minutes Step, 15 Minutes Intervals, 15 Minutes Cycle, 15 Minutes Step			
9:45-10:45A	Muscle Pump	Julie	St. A
9:45-10:45A	Power Yoga	Gina	St. C
11:00A-12:00P	Zumba	Lori	St. A
12:00-12:45P	SilverSneakers®/CardioFit	Lori	St. A

Updated 1/1/12

WEDNESDAY			
5:15-6:15A	Muscle Pump	Deanna	St. A
6:45-7:45A	Cycle	Leanna	St. B
11:45A-12:30P	Cycle	Tralaine	St. B
12:00-12:45P	Body Blitz	Heidi	St. A
5:30-6:30P	Step	Deanna	St. A
6:00-6:45P	Rip and Ride	Brian	St. B



STAYING ACTIVE MAKING NEW FRIENDS

Group Exercise at the Y has many benefits for healthy living. But the best thing is the people you meet.