



GROUP EXERCISE

EL DORADO YMCA

Group Exercise - Land Schedule

NEW 01/16/2012-06/03/2012 ***NEW***

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 316.320.9622. 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			
5:30 - 6:00 A	Express Fitness	Nichole	Loft
8:15 - 8:45 A	Express Fitness	Jacie	Loft
8:00 - 9:00 A	Body Blitz	Laura	B
9:00 - 10:00 A	Yoga	Helen	A
10:15 - 11:15 A	SilverSneakers® / Cardio Cir.	Laura	A
12:15 - 12:45 P	Express Fitness	Brian	Loft
5:30 - 6:15 P	F'ab Ride	Cheri	B
6:30 - 7:30 P	Ultimate Strength & Cardio	Rita	B
7:30 - 8:30 P	Yoga	Jan	B

Time	Class	Instructor	Room
TUESDAY			
5:15 - 6:00 A	TurboKick™	Nichole	B
5:15 - 6:15 A	Yoga	Jan	A
8:15 - 8:45 A	Express Fitness	Jacie	Loft
9:00 - 10:00 A	SilverSneakers® / MSROM	Jacie	A
9:00 - 10:00 A	Step	Amanda	B
10:00 - 10:15 A	CORE Express	Amanda	B
10:00 - 11:00 A	Pilates	Joy	A
12:15 - 12:45 P	Express Fitness	Jamie	Loft
5:30 - 6:30 P	Zumba®	Allie	Gym
5:30 - 6:30 P	Step	Teddy	B
5:45 - 6:15 P	Express Fitness	Nichole	Loft
6:30 - 7:30 P	Pilates	Joy	A

Time	Class	Instructor	Room
WEDNESDAY			
5:15 - 6:00 A	Muscle Pump	Laura	B
5:30 - 6:00 A	Express Fitness	Nichole	Loft
8:15 - 8:45 A	Express Fitness	April T.	Loft
9:00 - 10:00 A	Body Blitz	April T.	B
9:00 - 10:00 A	Yoga	Helen	A
10:00 - 10:45 A	Zumba®	Rachel	B
10:15 - 11:15 A	SilverSneakers® / Cardio Cir.	Julie	A
12:15 - 12:45 P	Express Fitness	Brian	Loft
5:30 - 6:15 P	Muscle Pump	Rita	B
6:30 - 7:15 P	Zumba®	Rachel	B
7:30 - 8:30 P	Yoga	Jan	B

Time	Class	Instructor	Room
THURSDAY			
8:15 - 8:45 A	Express Fitness	Jacie	Loft
8:00 - 9:00 A	Cardio CRAZE	Laura	B
9:00 - 10:00 A	SilverSneakers® / MSROM	Julie	A
10:00 - 11:00 A	Pilates	Joy	A
12:15 - 12:45 P	Express Fitness	Jamie	Loft
5:30 - 6:30 P	Zumba®	Allie	A
5:30 - 6:15 P	Body Blitz	Caren	B
6:30 - 7:30 P	Step	Jeff	A
6:30 - 7:15 P	F'ab Ride	Cheri	B

Time	Class	Instructor	Room
FRIDAY			
5:30 - 6:00 A	Express Fitness	Jacie	Loft
8:15 - 8:45 A	Express Fitness	April T.	Loft
9:00 - 10:00 A	Body Design	April T.	B
9:00 - 10:00 A	*Basics to Yoga	Jan	A
10:15 - 11:15 A	Better Balance	Jan	A
12:15 - 12:45 A	Express Fitness	Brian	Loft

Time	Class	Instructor	Room
SATURDAY			
9:00 - 10:00 A	Cycle	Jeff	B
10:15 - 11:00 A	Turbokick™	Nichole	B

EXPRESS FITNESS

Enjoy 30 minute circuit training classes in the upstairs loft.

Express consists of alternating cardio & strength machines.

JOIN US!



KID ZONE HOURS

Monday - Thursday	8:00 am - 12:00 pm & 4:00 - 8:00 pm
Friday	8:00 am - 12:00 pm & 4:00 - 6:30 pm
Saturday	8:00 am - 12:00 pm
Sunday	1:00 - 4:00 pm

