

Y GROUP EXERCISE

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

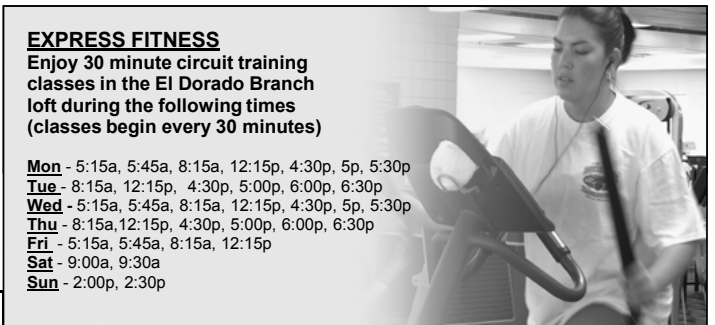
El Dorado Branch YMCA
Group Exercise - Land Schedule
Revised 2/1/10 -- 4/30/10

All Classes on this schedule are included in YMCA membership!

Fun Fit! For ages 6-12. Join YMCA certified Fitness Staff in this exciting class where having fun can improve your children's health. Free and included in your membership! Offered in El Dorado from 4-5pm Monday - Thursday. Ask for further details at the member service desk!

If you are new or returning to a fitness routine, try one of the SHADED Healthseeker Classes. "Basics To" classes require pre-registration at Member Service Desk.

Time	Class	Instructor	Room	Time	Class	Instructor	Room
MONDAY				THURSDAY			
5:15 - 6:00am	Muscle Pump	Laura	B	9:00 - 9:50am	SilverSneakers® / MSROM	Julie	A
9:00 - 9:50am	Yoga	Helen	A	9:00 - 9:50am	Turbokick	April	B
9:00 - 9:45am	Step	April	B	10:00-10:50am	Pilates	Joy	A
6:30 - 7:25pm	Ultimate Strength & Cardio	Rita	B	5:30 - 6:20pm	Muscle Pump	Rita	B
7:30 - 8:30pm	Yoga	Jan	B	6:30 - 7:20pm	*Basics to Floor & Step	Julie	A
TUESDAY				*Basics to Floor and Step session will run 2/4/10--3/25/10			
5:15 - 6:00am	Rip & Ride	Laura	B	6:30 - 7:30pm	F'ab Ride	Cheri	B
8:00 - 8:50am	In & Out	Laura	B	FRIDAY			
9:00 - 9:50am	SilverSneakers® / MSROM	Laura	A	9:00 - 10:00am	*Basics to Yoga	Jan	A
9:00 - 9:30am	Step Express	Amanda	B	*Basics to Yoga session runs 1/8 --2/26/10 & 3/5 - 4/23/10			
9:30 - 10:00am	Core Express	Amanda	B	9:00 - 10:00am	Body Blitz	Julie	B
10:00-10:50am	Pilates	Joy	A	10:15-11:15am	Better Balance	Jan	A
5:30- 6:20pm	Step / Floor	Eden	B	SATURDAY			
6:30 - 7:30pm	Pilates	Joy	A	9:00 - 10:00am	Turbokick	Roxanne	B
6:30 - 7:30pm	Body Design	Julie	B	SUNDAY			
WEDNESDAY				1:15 - 2:15pm	Yoga	Karen	A
5:15 - 6:00am	Body Blitz	Laura	B	EXPRESS FITNESS			
9:00 - 9:50am	Yoga	Helen	A	Enjoy 30 minute circuit training classes in the El Dorado Branch loft during the following times (classes begin every 30 minutes)			
9:00 - 10:00am	*Basics to Strength	Laura	B	Mon - 5:15a, 5:45a, 8:15a, 12:15p, 4:30p, 5p, 5:30p			
*Basics to Strength sessions will run 1/6--2/24/10 & 3/3-4/21/10				Tue - 8:15a, 12:15p, 4:30p, 5:00p, 6:00p, 6:30p			
10:15-11:15am	SilverSneakers® / Cardio Cir.	Julie	A	Wed - 5:15a, 5:45a, 8:15a, 12:15p, 4:30p, 5p, 5:30p			
5:30 - 6:25pm	Cardio Fusion	Rita	B	Thu - 8:15a, 12:15p, 4:30p, 5:00p, 6:00p, 6:30p			
6:30 - 7:20pm	F'ab Ride	Cheri	B	Fri - 5:15a, 5:45a, 8:15a, 12:15p			
7:30 - 8:30pm	Yoga	Jan	B	Sat - 9:00a, 9:30a			
*These classes require pre-registration at the member service desk.				Sun - 2:00p, 2:30p			



KID ZONE HOURS	
Monday - Thursday	8:00am-12:00pm & 4:00-8:30pm
Friday	8:00am-12:00pm & 5:00-7:30pm
Saturday	9:00am-1:00pm
Sunday	1:00-3:00pm

All classes are ongoing, and are open to members ages 13 and up... join in at any time! Classes are canceled when USD 490 cancels school due to inclement weather. Call first to ensure class will be held (320-9622). Classes may be canceled or times may change due to low attendance. Please refer to schedules regularly or check online information at www.ymcawichita.org for up-to-date information.