

# Y GROUP EXERCISE

Greater Wichita YMCA | We build strong kids, strong families, strong communities. | [www.ymcawichita.org](http://www.ymcawichita.org)

El Dorado Branch YMCA

Group Exercise - Land Schedule

Revised 6/1/10-8/31/10

**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 10am - 11am Monday - Thursday. Ask for 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. EXPRESS SERIES CLASSES! Designed to give you a great workout in just 30 minutes. Look for these classes in **BOLD**.

Time	Class	Instructor	Room	Time	Class	Instructor	Room
<b>MONDAY</b>				<b>THURSDAY</b>			
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 - 9:30am	<b>Cardio Craze Express</b>	Amanda R.	B	10:00 - 10:50am	Pilates	Joy	A
9:30 - 10:00am	<b>Core Express</b>	Amanda R.	B	10:00 - 11:00am	*Basics to Floor & Step	Julie	B
5:30 - 6:25pm	F'ab Ride	Cheri	B	<i>*Basics to Floor &amp; Step session runs 6/3 - 6/24 &amp; 7/1 - 7/22</i>			
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 - 7:30pm	F'ab Ride	Cheri	B
<b>TUESDAY</b>				<b>FRIDAY</b>			
5:15 - 5:45am	<b>Step Circuit</b>	Laura	B	8:00 - 8:45am	Body Blitz	April	B
5:45 - 6:15am	<b>Core Express</b>	Laura	B	9:00 - 10:00am	*Basics to Yoga	Jan	A
8:00 - 8:50am	In & Out	Laura	B	<i>*Basics to Yoga session runs 6/4 - 6/25 &amp; 7/2 - 7/23</i>			
9:00 - 9:50am	SilverSneakers® / MSROM	Laura	A	10:15 - 11:15am	Better Balance	Jan	A
9:00 - 9:30am	<b>Step Express</b>	Amanda M	B	<b>SATURDAY</b>			
9:30 - 10:00am	<b>Core Express</b>	Amanda M	B	9:00 - 10:00am	Turbokick	Roxanne	B
10:00 - 10:50am	Pilates	Joy	A	<i>*These classes require pre-registration at the member service desk.</i>			
5:30 - 6:20pm	Body Design	Julie	B				
6:30 - 7:30pm	Pilates	Joy	A				
6:30 - 7:00pm	<b>Step / Floor Express</b>	Eden	B				
7:00 - 7:30pm	<b>Core Express</b>	Eden	B				
<b>WEDNESDAY</b>				<b>EXPRESS FITNESS</b>			
5:15 - 6:00am	Body Blitz	Laura	B	Enjoy 30 minute circuit training classes in the El Dorado Branch loft during the following times (classes begin every 30 minutes)			
9:00 - 9:50am	Yoga	Helen	A	<b>Mon &amp; Wed: 5:30a, 8:15a, 12:15p 4:30p, 5:00p</b>			
9:00 - 10:00am	Body Blitz	Julie	B	<b>Tues &amp; Thurs: 8:15a, 12:15p 4:30p, 5:00p</b>			
10:00 - 11:00am	*Basics to Muscle Pump	Laura	B	<b>Friday: 5:30a, 8:15a, 12:15p</b>			
<i>*Basics to Muscle Pump session will run 6/2 - 6/23 &amp; 7/7 - 7/28</i>				<b>Saturday: 9:00a, 9:30a</b>			
10:15 - 11:15am	SilverSneakers® / Cardio Cir.	Julie	A				
5:30 - 6:15pm	Step Interval	Amanda M	B				
6:30 - 7:20pm	F'ab Ride	Cheri	B				
7:30 - 8:30pm	Yoga	Jan	B				

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](http://www.ymcawichita.org) for up-to-date information.

additional information and branch class schedules are available at [www.ymcawichita.org](http://www.ymcawichita.org)