

EAST YMCA

Group Exercise Schedule—Land & Water

Effective 9/4/18– 12/31/18

CHECK IT OUT

NEW! STRETCH AND ROLL

Improve your flexibility, muscle function and balance. This 30 min class using a foam roller is recommended for all ages who are active. Optimize your recovery before or after workouts with this class!

FIND WHAT MOVES YOU!

Take your schedule on the go with the Y's NEW mobile app! Group Exercise, Open Swim, Lap Pool, Open Gym, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!



JOIN ANYTIME! All classes on this schedule are ongoing, for ages 13 and up, and included in YMCA membership.

In case of inclement weather, please call 316.838.9622 to find out about class cancellations. Please refer to schedules regularly or check ymcawichita.org for up-to-date information.

GROUP EXERCISE ORIENTATION - New to group exercise and nervous about giving it a try? Call or stop by the front desk to set up a personalized orientation. Get acquainted with group exercise equipment and terminology. For all fitness levels.

BOOT CAMPS—FREE WITH MEMBERSHIP!

Get a full-body workout with the help of a certified instructor. These circuit-based classes target results while allowing you to tailor the workout intensity to your fitness and skill level.

ADDITIONAL OPPORTUNITIES

FEATURED WORKOUTS - Take advantage of these free mini training sessions scheduled throughout the day. Join our fitness experts as they introduce you to new equipment, targeted workouts, or a host of other fitness opportunities. Participate in as many of these free mini sessions as you wish. No sign up is necessary. Check the featured workout schedule to be posted each week at your Y's Fitness Desk.

FITNESS FLOOR ASSOCIATES - Whether it's to show you how to work a machine or help you with proper exercise form, our Fitness Floor Associates are available to answer your questions. If you need a little more help, ask for a free appointment with your Y's fitness director to help you set goals and get started.

PERSONAL or SPECIALIZED GROUP TRAINING - Meet with a trainer one-on-one or with a few friends. Includes PILATES TOWERS at select locations. Personal, partner or group training fees apply.

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

KID ZONE HOURS

Drop in nursery available for members' children ages 6 wks to 7 yrs
 Monday-Friday 8:00A-8:30P
 Saturday 8:00A-5:00P
 Sunday 12:00P-5:00P

Updated 8/22/18



WATER EXERCISE

	Time	Class	Instructor	Room
MO	5:30A-6:30A	Water Works	Sheryl	Lap
	4:45P-5:30P	Arthritis Water Exercise	Jackie	Family
	5:30P-6:30P	Water Works	Jackie	Lap
TU	9:00A-10:00A	Water Works	Tina	Lap
	10:00A-11:00A	Fit 4 Two	Tina	Lap
	11:30A-12:30P	Boomer Water Works	Asa	Family
WE	5:30A-6:30A	Aqua Body Design	Jackie	Lap
	9:00A-9:45A	Water Works	Sheryl	Lap
	11:30A-12:30P	Boomer Water Works	Asa	Family
	4:45P-5:30P	Arthritis Water Exercise	Jackie	Family
	5:30P-6:30P	Aqua Boot Camp	Jackie	Lap
TH	9:00A-10:00A	Water Works	Asa	Lap
	11:30A-12:30P	Boomer Water Works	Asa	Family
FR	5:30A-6:30A	Aqua Bootcamp	Jackie	Lap
	9:00A-10:00A	Water Tabata	Jackie	Lap
	11:30A-12:30P	Arthritis Water Exercise	Frances	Family



MIND BODY

	Time	Class	Instructor	Room
MO	11:00A-12:00P	Tai Chi for Health	Terry	Studio A
TU	11:00A-12:00P	Silver Sneakers® Yoga	Mary Beth	Studio B
	12:00P-1:00P	Gentle Yoga	Audrey	Studio A
	6:30P-7:30P	Tai Chi for Health	Ken	Studio A
WE	10:15A-11:15A	Pilates	Sheryl	Studio A
TH	5:30P-6:30P	Intermediate Yoga	Ken	Studio B
	8:00A-9:00A	Intermediate Yoga	Ken	Studio B
	10:15A-11:00A	Pilates	Sheryl	Studio A
	10:30A-11:30A	SilverSneakers® Yoga	Mary Beth	Studio B
SA	11:30A-12:30P	Gentle Yoga	Ken	Studio B
	10:15A-11:15A	Intermediate Yoga	Stephanie N	Studio B
SU	11:15A-12:00P	Pilates	Kristy	Studio A
	12:00P-1:00P	Gentle Yoga	Ken	Studio B

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	5:30A-6:30A	Body Blitz	Angela	Studio B
	8:00A-9:00A	Boomer Body Blitz	Frances	Studio B
	8:30A-9:15A	Turbo Kick™	Katie	Studio A
	9:15A-10:00A	Body Design	LeaAnn	Studio B
	10:00A-10:30A	PiYo®	LeaAnn	Studio B
	10:30A-11:30A	SilverSneakers® Classic	Sheryl	Studio B
	11:30A-12:15P	Boomer Cardio Craze	Mary Beth	Studio B
	12:00P-12:30P	Body Blitz	Heidi	Studio A
	12:30P-1:00P	Core	Heidi	Studio A
	7:30P-8:15P	Step	Matt	Studio B
TU	10:00A-11:00A	SilverSneakers® Circuit	Mary Beth	Studio B
	10:15A-11:00A	PiYo®	Rosa	Studio A
	5:30P-6:30P	Body Design	Frances	Studio B
	6:30P-7:15P	Bootcamp	Frances	Loft
	6:30P-7:30P	ZUMBA® Fitness	Aimee	Gym
WE	8:30A-9:15A	Muscle Pump	Kelley	Studio B
	9:15A-10:00A	TurboKick™	Kelley	Studio B
	10:00A-10:30A	Core Express	Kelley	Studio B
	9:15A-10:15A	ZUMBA® Fitness	Darlene	Gym
	10:30A-11:30A	SilverSneakers® Classic	Mary Beth	Studio B
	11:30A-12:15A	Boomer Cardio Craze	Mary Beth	Studio B
	12:00P-12:30P	Body Blitz	Frances	Studio A
	12:30P-1:00P	Core	Frances	Studio A
5:30P-6:30P	Muscle Pump	Sarah	Studio B	
6:30P-7:15P	Y-Box	Jescia	Studio B	
TH	8:30A-9:15A	Cardio CRAZE	Matt	Studio B
	9:15A-10:00A	Body Blitz	Angela	Studio B
	10:00A-11:00A	SilverSneakers® Classic	Sheryl	Studio B
	10:15A-11:00A	Barre	Rosa	Studio A
	5:30P-6:15P	Barre	Jescia	Studio A
	6:30P-7:15P	Bootcamp	Kurtis	Studio B
	6:30P-7:30P	ZUMBA® Fitness	Aimee	Gym



CARDIO & STRENGTH

	Time	Class	Instructor	Room
FR	8:30A-9:15A	TurboKick™	LeaAnn	Studio A
	9:00A-10:00A	ZUMBA® Fitness	Jonie	Studio B
	10:00A-10:30A	Boomer Cardio	Mary Beth	Studio B
	10:30A-11:15A	Boomer Bootcamp	Frances	Loft
	12:00P-12:30P	Turbo Kick™	Rosa	Studio A
	12:30P-1:00P	PiYo	Rosa	Studio A
SA	6:45P-7:45P	ZUMBA® Fitness	Melissa	Studio B
	8:00A-8:45A	Turbo Kick™	Rosa, Kelley, Steph	Studio B
	8:45A-9:30A	PiYo®	Rosa, Kelley, Steph	Studio B
	9:15A-9:45A	Stretch & Roll	Pam	Studio A
	9:30A-10:15A	Muscle Pump	Stephanie N	Studio B
SU	10:00A-10:45A	TurboKick™	Whitney	Studio B
	2:30P-3:30P	ZUMBA® Fitness	Frances	Studio B



CYCLE

MO	5:30A-6:15A	Cycle	Lacey	Studio A
	9:15A-10:00A	Cycle	Katie	Studio A
	4:15P-5:00P	Cycle	Mindy	Studio A
	5:30P-6:15P	Cycle	Ashley	Studio A
TU	5:30A-6:15A	Cycle	Jescia	Studio A
	9:00A-10:00A	Cycle Circuit	Rosa	Studio A
	5:30P-6:15P	Cycle	Lacey	Studio A
WE	5:30A-6:30A	Cycle Circuit	Jescia	Studio A
	9:00A-10:00A	Extreme Ride	Sherrie	Studio A
	5:30P-6:15P	Cycle	Jescia	Studio A
TH	5:30A-6:15A	Cycle	Lacey	Studio A
	9:00A-10:00A	Cycle Circuit	Rosa	Studio A
	6:15P-7:00P	Cycle	Chawn	Studio A
FR	5:30A-6:30A	Cycle Circuit	LeaAnn	Studio A
	9:15A-10:00A	Cycle	Kelley	Studio A
SA	8:15A-9:00A	Cycle	Pam	Studio A
SU	9:15A-10:00A	Cycle	Whitney	Studio A