

NORTHWEST YMCA

Group Exercise Schedule—Land & Water

Effective 9/4/18– 12/31/18

CHECK IT OUT

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 – no signup required!

In case of inclement weather, please call 316.838.9622 to find out about class cancellations. Please refer to schedules regularly (available at the front desk or ymcawichita.org) or check our mobile app for up-to-date information.

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!

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.

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

WATER EXERCISE

	Time	Class	Instructor	Room
MO	8:15A-9:00A	Boomer Water Works	Jeannie	Family
	9:30A-10:30A	Water Works	Jandee	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
	6:30P-7:15P	Water Works	Linda	Family
TU	5:30A-6:15A	Aqua Body Design	Jana	Family
	9:00A-10:00A	Water Tabata	Jeannie	Lap
	7:00P-7:45P	Aqua Zumba®	Hideki	Family
WE	9:30A-10:30A	Hydrobox	Janefer	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
TH	5:30A-6:15A	Aqua Body Design	Whitney	Family
	9:00A-9:45A	Aqua Body Design	Heidi	Lap
	7:00P-7:45P	Water Tabata	Jandee	Family
FR	8:15A-9:00A	Boomer Water Works	Janice	Family
	9:30A-10:30A	Water Tabata	Jeannie/Whitney	Lap
	12:00P-12:45P	Arthritis Water Exercise	Rebecca	Family
SA	9:00A-10:00A	Water Tabata	Staff/Jeannie	Lap



CYCLE

	Time	Class	Instructor	Room
MO	5:15A-6:15A	Extreme Ride	Christal	D
	8:45A-9:30A	Cycle	Marie	D
	9:45A-10:30A	Beginner Cycle	Rebecca	D
	5:30P-6:30P	Extreme Ride	Janice	D
	6:45P-7:30P	Beginner Cycle	Katherine	D
TU	9:30A-10:30A	Cycle Core	Stacey	D
	6:00P-6:45P	Cycle	Jill	D
WE	5:00A-6:00A	Cycle Core	Janice	D
	8:45A-9:30A	Cycle	Rebecca	D
	6:00P-6:30P	Cycle HIIT	Linda A	D
	6:30P-7:00P	Cycle Express	Linda A	D
TH	5:15A-6:00A	Cycle	Ashley	D
	9:30A-10:30A	Cycle Core	Ashley	D
	6:00P-6:45P	Cycle	Barb	D
FR	5:15A-6:00A	Cycle	Marie	D
	8:45A-9:30A	Cycle	Rebecca	D
	9:30A-10:30A	Extreme Ride	Janice	D
SA	7:00A-8:00A	Extreme Ride	Dana	D
	9:00A-10:00A	Extreme Ride	Janice	D
SU	8:00A-9:00A	Extreme Ride	Janice	D
	1:00P-2:00P	Extreme Ride	Rotation	D



CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	5:00A-6:00A	TurboKick™	Tammy	F
	5:00A-6:00A	Bootcamp	Dawn	C
	8:30A-9:00A	Body Blitz	Heidi	C
	9:00A-9:30A	Step	Heidi	C
	9:30A-10:30A	Muscle Pump	Jeannie	C
	10:30A-11:15A	SilverSneakers® Circuit	Natalie	F
	10:30A-11:30A	ZUMBA® Fitness	Janefer	C
	11:30A-12:00P	CORE	Janefer	C
	4:45P-5:30P	Body Blitz	Jennifer K	C
	5:45P-6:30P	TurboKick™	Mary Anne	F
	5:45P-6:30P	ZUMBA® Fitness	Jandee	C
	6:30P-7:30P	Muscle Pump	Jennifer W	C
	7:30P-8:30P	FIERCE	Heidi	C
	TU	5:00A-5:45A	Barre	Mary Anne
5:00A-6:00A		Body Design	Whitney	C
8:45A-9:15A		Body Blitz	Janefer	C
9:15A-10:00A		TurboKick™	Janefer	C
10:00A-11:00A		Body Design	Heidi	C
10:30A-11:30A		SilverSneakers® Classic	Royce	F
11:00A-11:30A		Stretch & Roll	Heidi	C
5:00P-5:45P		Step	Natalie	C
5:45P-6:15P		CORE	Natalie	C
6:30P-7:30P		Y-Box	Sandra	C
7:30P-8:30P		ZUMBA® Fitness	Sarah	C
WE	5:00A-5:45A	ZUMBA® Fitness	Mary Anne	F
	5:00A-6:00A	Morning Mix!	Tammy	C
	8:30A-9:30A	Muscle Pump	Jeannie	C
	9:30A-10:15A	Insanity®	Heidi	Cheer Ctr
	9:30A-10:30A	PiYo®	Whitney	YWS
	10:00A-10:30A	Boomer Body Blitz	Marie	C
	10:30A-11:15A	Boomer Cardio CRAZE	Marie	C
	10:30A-11:30A	ZUMBA® Fitness	Jandee	F
	5:30P-6:15P	Beginner ZUMBA® Fitness	Sarah	F
	5:30P-6:30P	Muscle Pump	Barb	C
	6:30P-7:30P	Body Design	Heidi	C
TH	5:00A-5:45A	Muscle Pump	Jennifer W	C
	8:45A-9:45A	Body Design	Jeannie	C
	9:45A-10:30A	Y-Box	Jeannie	C
	10:30A-11:30A	ZUMBA® Fitness	Frederique	C
	10:30A-11:30A	SilverSneakers® Classic	Natalie	F
	4:45P-5:45P	Muscle Pump	Heidi	C
	5:45P-6:15P	Stretch & Roll	Heidi	C
	5:45P-6:30P	TurboKick™	Whitney	C
	6:30P-7:15P	Insanity®	Heidi	C
	7:30P-8:30P	ZUMBA® Fitness	Hideki	C

CARDIO & STRENGTH

	Time	Class	Instructor	Room	
FR	5:00A-6:00A	Body Blitz	Heidi	C	
	5:00A-5:45A	Insanity®	Dawn	Cheer Ctr	
	5:45A-6:15A	Stretch & Roll	Dawn	F	
	8:30A-9:30A	Bootcamp	Whitney	C	
	9:30A-10:30A	TurboKick™	Joanna	F	
	9:30A-10:30A	ZUMBA® Fitness	Janefer	C	
	10:30A-11:15A	Barre	Janefer	YWS	
	10:30A-11:30A	Boomer Muscle Pump	Joanna/Barb	C	
	SA	7:00A-8:00A	FIERCE	Whitney/Jennifer W	C
		8:00A-8:45A	Barre	Mary Anne	YWS
8:00A-9:00A		Beginner Bootcamp	Linda A	F	
8:00A-9:00A		Muscle Pump	Jeannie	C	
9:00A-10:00A		TurboKick™	Tammy/Mary Anne	C	
10:00A-10:30A		Stretch & Roll	Tammy/Mary Anne	F	
10:00A-11:00A		Y-Box	Jeannie/Sandra	C	
11:00A-11:30A		Step	Jenny/Dee	C	
11:30A-12:00P		Body Blitz	Jenny/Dee	C	
SU		8:00A-9:00A	Insanity®	Heidi	Cheer Ctr
	9:00A-9:30A	Stretch & Roll	Heidi	C	
	1:00P-2:00P	Body Design	Staff Rotation	C	
	2:00P-3:00P	ZUMBA® Fitness	Joel/Sarah	C	

MIND BODY

MO	8:30A-9:30A	Intermediate Yoga	Debbi	F
	9:30A-10:30A	Beginner Yoga	Janice	F
	11:15A-12:00P	SilverSneakers® Yoga	Jeannie	F
	7:30P-8:30P	Beginner Yoga	Hideki	F
TU	5:00A-5:45A	Intermediate Yoga	Janice	F
	9:00A-10:00A	Power Yoga	Linda	F
	6:30P-7:30P	Intermediate Yoga	Fred	F
WE	8:30A-9:30A	Intermediate Yoga	Tammy	F
	6:30P-7:30P	Intermediate Yoga	Fred	F
TH	8:00A-8:45A	Gentle Yoga	Debbi	F
	9:00A-10:00A	Power Yoga	Linda	F
	6:30P-7:15P	Pilates	Lee Ann	F
	7:30P-8:30P	Beginner Yoga	Ginger	F
FR	8:30A-9:30A	Beginner Yoga	Valerie	F
	10:30A-11:15A	SilverSneakers® Yoga	Janice	F
SA	9:00A-10:00A	Beginner Yoga	Linda A	F
	10:30A-11:30A	Intermediate Yoga	Janice	F
SU	12:00P-1:00P	Beginner Yoga	Linda A	F
	2:00P-3:00P	Intermediate Yoga	Hideki	F