

# ANDOVER YMCA

## Group Exercise Schedule—Land & Water

Effective 2/1/19—5/26/19

### NEW OPTIONS!

#### LES MILLS SH'BAM

Designed for life on the move. Each class is vibrant and unique featuring fun, easy dance moves to popular hit songs for a great cardio workout.

#### SPECIALTY OPTIONS - LOOK FOR THESE!

The YMCA is dedicated to offering classes that meet your needs and enhance your experience. These options are provided to accommodate your fitness level, busy schedule, and competitive side!

**🕒 FITNESS ON DEMAND (FOD):** Life happens and sometimes life means you miss your favorite class. That's why we are offering you Fitness On Demand. Choose from hundreds of premium virtual fitness classes available at the touch of a button.

**♥ HEART RATE:** Track your fitness goals in real time while seeing if you measure up to other classmates. With live leaderboards you can see how you're improving and push yourself a little farther. View your heart rate, calories burned, and effort points and see how you stack up to the person beside you. Pre registration is required.

**JOIN ANYTIME!** All classes on this schedule are ongoing, for ages 13 and up, and included in YMCA membership - no sign up 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.

**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. No sign up necessary. Schedules 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.

### 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!



Updated 1/29/19



### CYCLE

	Time	Class	Instructor	Room
<b>MO</b>	8:30A-9:15A	♥ Heart Rate Cycle	Kristen	Cycle
	9:30A-10:15A	♥ Heart Rate Cycle	Heidi	Cycle
	5:45P-6:30P	Cycle	Julie	Cycle
<b>TU</b>	5:15A-6:00A	♥ Heart Rate Cycle	Kristen	Cycle
	8:30A-9:15A	♥ Heart Rate Cycle	Brenda	Cycle
	5:45P-6:45P	♥ Heart Rate Extreme Ride	Valerie	Cycle
<b>WE</b>	5:15A-6:00A	♥ Heart Rate Cycle	Mark	Cycle
	9:30A-10:30A	♥ Heart Rate Extreme Ride	Ashley E.	Cycle
	5:45P-6:30P	♥ Heart Rate Cycle	Angie D.	Cycle
<b>TH</b>	5:15A-6:00A	♥ Heart Rate Cycle	Sherrie	Cycle
	8:30A-9:15A	♥ Heart Rate Cycle	Brenda	Cycle
	5:45P-6:30P	♥ Heart Rate Cycle	Lacey	Cycle
<b>FR</b>	<b>5:15A-5:45A</b>	<b>♥ Heart Rate Cycle Express</b>	<b>Angie B./Mark</b>	<b>Cycle</b>
	<b>5:45A-6:15A</b>	<b>♥ Heart Rate Cycle HIIT</b>	<b>Angie B./Mark</b>	<b>Cycle</b>
	8:30A-9:15A	♥ Heart Rate Cycle	Stephanie B.	Cycle
<b>SA</b>	7:30A-8:15A	♥ Heart Rate Cycle	Staff	Cycle
<b>SU</b>	9:15A-10:00A	Cycle	Tina	Cycle

### WATER EXERCISE

	Time	Class	Instructor	Room
<b>MO</b>	8:30A-9:30A	Aqua Body Design	Jackie	Lap
	11:15A-12:00P	Water Tabata	Jackie	Family
<b>TU</b>	8:30A-9:30A	Deep Water	Jackie	Lap
	11:15A-12:00P	Arthritis Water Exercise	Theresa	Family
<b>WE</b>	8:30A-9:30A	Water Works	Jackie	Lap
	11:15A-12:00P	Water Works	Jackie	Family
<b>TH</b>	8:30A-9:30A	Water Bootcamp	Jackie	Lap
	11:15A-12:00P	Arthritis Water Exercise	Jackie	Family

No Classes Friday, Saturday and Sunday

**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

## CARDIO & STRENGTH

	Time	Class	Instructor	Room
<b>MO</b>	5:15A-6:15A	Bootcamp	Valerie	Loft
	8:30A-9:30A	Body Blitz	Heidi	B
	9:30A-10:30A	ZUMBA® Fitness	Tiffany	B
	9:30A-10:15A	Barre	Kristen	A
	4:30P-5:30P	Muscle Pump	Brenda	B
	5:30P-6:15P	TurboKick™	Rosa	B
	6:15P-7:00P	PiYo®	Rosa	B
	7:00P-8:00P	ZUMBA® Fitness	Charis	B
<b>TU</b>	<b>5:15A-5:45A</b>	<b>Body Blitz</b>	<b>Renee</b>	<b>B</b>
	<b>5:45A-6:15A</b>	<b>CORE</b>	<b>Renee</b>	<b>B</b>
	<b>8:30A-9:00A</b>	<b>TurboKick™</b>	<b>Stephanie B.</b>	<b>B</b>
	<b>9:00A-9:30A</b>	<b>CORE</b>	<b>Stephanie B.</b>	<b>B</b>
	<b>9:00A-9:30A</b>	<b>Stretch &amp; Roll</b>	<b>Kay</b>	<b>A</b>
	9:30A-10:30A	Body Design	Stephanie S.	B
	10:00A-10:45A	SilverSneakers® Classic	Jackie	C
	10:30A-11:30A	ZUMBA® Fitness	Darlene	B
	11:00A-11:45A	Boomer Bootcamp	Jackie	Loft
	<b>4:30P-5:00P</b>	<b>TurboKick™</b>	<b>Renee</b>	<b>B</b>
	<b>5:00P-5:30P</b>	<b>CORE</b>	<b>Renee</b>	<b>B</b>
	5:30P-6:30P	Muscle Pump	Napoleon	B
6:30P-7:30P	ZUMBA® Fitness	Mandy	B	
<b>WE</b>	8:30A-9:30A	Body Design	Stephanie S.	B
	9:00A-10:00A	Bootcamp	Jenni	Loft
	<b>9:30A-10:00A</b>	<b>CORE</b>	<b>Stephanie S.</b>	<b>B</b>
	10:00A-11:00A	Boomer Barre	Kay	A
	<b>11:00A-11:30A</b>	<b>Stretch &amp; Roll</b>	<b>Kay</b>	<b>A</b>
	4:30P-5:30P	Body Blitz	Vicki	B
	5:30P-6:30P	Body Design	Jenni	B
	6:30P-7:15P	Step	Matt	B
7:15P-8:15P	ZUMBA® Fitness	Amanda	B	
<b>TH</b>	5:15A-6:00A	Muscle Pump	Kristen	B
	<b>8:30A-9:00A</b>	<b>Step</b>	<b>Stephanie S.</b>	<b>B</b>
	<b>9:00A-9:30A</b>	<b>CORE</b>	<b>Stephanie S.</b>	<b>B</b>
	9:00A-10:00A	Bootcamp	Jenni	Loft
	9:30A-10:15A	Barre	Stephanie S.	A
	9:30A-10:30A	Muscle Pump	Brenda	B
	10:00A-10:45A	SilverSneakers® Circuit	Jackie	C
	10:30A-11:30A	SH'BAM®	Darlene	B
	4:30P-5:30P	ZUMBA® Fitness	Darlene	B
	5:30P-6:00P	PiYo®	Christine	B
	6:00P-6:30P	SH'BAM®	Christine	B
6:45P-7:45P	Muscle Pump	Michael	B	



## CARDIO & STRENGTH

	Time	Class	Instructor	Room
<b>FR</b>	8:30A-9:30A	Muscle Pump	Valerie	B
	<b>9:30A-10:00A</b>	<b>PiYo®</b>	<b>Stephanie B.</b>	<b>Gymnas-tics</b>
	<b>9:30A-10:00A</b>	<b>CORE</b>	<b>Valerie</b>	<b>B</b>
	11:00A-11:45A	Boomer Bootcamp	Jackie	B
<b>SA</b>	6:00P-7:00P	ZUMBA® Fitness	Charis	B
	8:00A-9:00A	SH'BAM®	Darlene	B
	8:45A-9:30A	Stretch & Roll	Lisa	C
	9:00A-10:00A	FIERCE	Jenni	B
	10:00A-11:00A	Body Design	Mindy	B
	10:30A-11:30A	ZUMBA® Fitness	Ching	A
<b>SU</b>	9:15A-10:00A	PiYo®	Christine	C
	9:15A-10:00A	Step	Valerie	B
	<b>10:00A-10:30A</b>	<b>CORE</b>	<b>Valerie</b>	<b>B</b>
	10:30A-11:30A	Body Blitz	Valerie	B
	12:15P-1:15P	Advanced Bootcamp	Jenni	Loft/ PT Area
	2:00P-3:00P	ZUMBA® Fitness	Ching	B

## MIND BODY

	Time	Class	Instructor	Room
<b>MO</b>	8:45A-9:45A	Intermediate Yoga	Pam	C
	10:00A-11:00A	SilverSneakers® Yoga	Emily	C
	11:00A-12:00P	Tai Chi for Health	Dave	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
<b>TU</b>	9:00A-10:00A	Intermediate Yoga	Dorothy	C
	9:45A-10:45A	Pilates	Kay	A
	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:30P-6:30P	Intermediate Yoga	Elena	C
	6:30P-7:30P	Gentle Yoga	Elena	C
<b>WE</b>	8:45A-9:45A	Pilates	Emily	C
	10:00A-11:00A	SilverSneakers® Yoga	Emily	C
	11:00A-12:00P	Tai Chi for Health	Dave	C
	6:30P-7:30P	Intermediate Yoga	Karen	C
<b>TH</b>	9:00A-10:00A	Intermediate Yoga	Gay	C
	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
<b>FR</b>	7:30A-8:30A	Intermediate Yoga	Lisa	C
	8:30A-9:30A	Gentle Yoga	Lisa	C
	9:30A-10:30A	SilverSneakers® Yoga	Lisa	C
<b>SA</b>	7:30A-8:30A	Intermediate Yoga	Lisa	C
	9:30A-10:30A	Gentle Yoga	Lisa	C
<b>SU</b>	No Classes			