

DOWNTOWN YMCA

Group Exercise Schedule—Land & Water

Effective 1/2/19– 5/27/19

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 - 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.

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.

BOGAFIT - Full body workout that is done on the water using an unstable floating mat. It improves balance, strengthens core, builds lean muscle. Group training fee applies. Available at Downtown, Andover & Northwest YMCAs.

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	10:00A-11:00A	Water Works	Tonya	Family
	12:45P-1:30P	Aqua Body Design	Hannah	Family
	5:30P-6:15P	Water Tabata	Bethany	Family
TU	8:00A-9:00A	Water Tabata	Annette	Family
	5:30P-6:15P	Aqua Zumba®	Angie	Family
WE	10:00A-11:00A	Water Works	Tonya	Family
	12:45P-1:30P	Water Tabata	Richard	Family
TH	8:00A-9:00A	Water Works	Annette	Family
	5:30P-6:15P	Hydrobox	Bethany	Family
FR	10:00A-10:45A	Water Works	Annette	Family
	12:45P-1:30P	Aqua Body Design	Hannah	Family
SA	8:00A-9:00A	Water Tabata	Rosa	Family



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

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	9:30A-10:30A	ZUMBA® Fitness	Erica	A
	9:30P-10:30A	Bootcamp	Arielle	B
	11:00A-11:45A	Muscle Pump	Heidi	A
	12:00P-12:45P	Body Design	Heidi	A
	4:30P-5:30P	Muscle Pump	Rusty	A
	5:30P-6:00P	SH'BAM	Joshua	A
	6:00P-6:30P	Body Blitz	Lori	A
TU	5:15A-6:15A	Muscle Pump	Valerie Lack	A
	9:00A-10:00A	SilverSneakers® Classic	Joyce	B
	9:30A-10:30A	Bootcamp	Meghan	QueenAx
	9:30A-10:30A	Muscle Pump	Stephanie	A
	10:30A-11:00A	Stretch & Roll	Heather	B
	12:00P-12:45P	Bootcamp	Julie	A
	4:30P-5:30P	ZUMBA® Fitness	Erica	A
	5:30P-6:30P	Muscle Pump	Jescia	A
6:30P-7:15P	Barre	Jescia	A	
WE	5:15A-6:15A	FIERCE	Heidi	A
	6:15A-6:45A	Stretch & Roll	Heidi	A
	9:00A-10:00A	SilverSneakers® Circuit	Shalen	B
	9:30A-10:30A	Bootcamp	Arielle	A
	11:00A-11:45A	Muscle Pump	Julie	A
	12:00P-12:45P	PiYo®	Heather	A
	5:30P-6:30P	Turbokick	Joanna	A
	6:30P-7:15P	Muscle Pump	Joanna	A
7:15P-8:00P	ZUMBA® Fitness	Melissa	A	

CYCLE

MO	11:45A-12:45P	♥ Heartrate Cycle Core	Tralaine	C
	5:30P-6:30P	♥ Heartrate Extreme Ride	Leslie	C
TU	5:15A-6:00A	♥ Heartrate Cycle	Whitney	C
	12:00P-12:45P	Cycle	Stephanie	C
	5:45P-6:30P	Cycle	Don	C
WE	11:45A-12:45P	♥ Heartrate Cycle Circuit	Tralaine	C
	5:30P-6:30P	♥ Heartrate Extreme Ride	Lauren	C
TH	5:15A-6:00A	♥ Heartrate Cycle	Jescia	C
	12:00P-12:45P	Cycle	Julie	C
	5:45P-6:30P	Cycle	Don	C
FR	5:15A-6:00A	♥ Heartrate Cycle	Lacey	C
SA	8:00A-9:00A	♥ Heartrate Extreme Ride	Kiera	C
SU	No Sunday Classes Scheduled			

CARDIO & STRENGTH

	Time	Class	Instructor	Room
TH	5:15A-6:15A	Muscle Pump	Heather	A
	5:15A-6:15A	ZUMBA® Fitness	Melissa	B
	9:00A-10:00A	SilverSneakers® Classic	Collette	B
	9:30A-10:30A	Muscle Pump	Heather	A
	4:30P-5:30P	ZUMBA® Fitness	Erica	A
	5:30P-6:00P	Body Blitz	Cheryl	A
	6:00P-6:30P	CORE	Cheryl	A
	6:30P-7:30P	FIERCE	Lori	A
FR	9:30A-10:30A	SH'BAM	Joshua	A
	9:30A-10:30A	Bootcamp	Arielle	QueenAx
	10:30A-11:00A	Stretch & Roll	Joshua	A
	11:00A-12:00A	PiYo®	Heather	A
	12:00P-12:45P	Muscle Pump	Heather	A
	5:30P-6:30P	Bootcamp	Lori	A
	6:30P-7:30P	Zumba	Erica	A
SA	9:00A-10:00A	Bootcamp	Napoleon	A
	10:00A-11:00A	Muscle Pump	Rusty	A
	11:00A-12:00P	ZUMBA® Fitness	Rose	A
SU	10:00A-11:00A	Muscle Pump	Rusty	A
	11:00A-12:00P	Y-Box	Rusty	A
	2:00P-3:00P	ZUMBA® Fitness	Melissa	A

MIND BODY

MO	12:00P-1:00P	Beginner Yoga	James	B
	5:30P-6:30P	Intermediate Yoga	Jescia	B
TU	10:30A-11:30A	Tai Chi for Health	David	A
	12:00P-12:45P	Intermediate Yoga	Valerie	B
	4:30P-5:30P	Beginner Yoga	Kate	B
	5:30P-6:30P	Intermediate Yoga	Kate	B
WE	5:30P-6:30P	Intermediate Yoga	Valerie	B
	6:30P-7:30P	Beginner Yoga	Lynette	B
TH	10:00A-11:00A	Gentle Yoga	Collette	B
	10:30A-11:30A	Tai Chi for Health	David	A
	12:00P-12:45P	Intermediate Yoga	Valerie	B
	4:30P-5:30P	Beginner Yoga	Kate	B
	5:30P-6:30P	Intermediate Yoga	Ginger	B
FR	No Friday Classes Scheduled			B
SA	9:00A-10:00A	Intermediate Yoga	Ginger	B
	10:00A-11:00A	Beginner Yoga	Ginger	B
	11:00A-12:00P	Beginner Yoga	Ginger	B

SU No Sunday Classes Scheduled