

# SOUTH YMCA

## Group Exercise Schedule—Land & Water

Effective 1/2/19– 5/27/19

### 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 **ADDITIONAL OPPORTUNITIES** stop by the front desk to set up a personalized orientation. Get acquainted with group exercise **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 12/20/18



## WATER EXERCISE

	Time	Class	Instructor	Room
<b>MO</b>	5:15A-6:00A	Aqua Body Design	Michelle	Family
	8:15A-9:00A	Water Tabata	Kaitlyn	Family
	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	10:30A-11:15A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	6:00P-7:00P	Arthritis Water Exercise	Vicki	Family
<b>TU</b>	5:15A-6:00A	Water Tabata	Michelle	Family
	8:00A-8:45A	Working Down Under	Vicki	Lap
	9:00A-10:00A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	7:15P-8:00P	Aqua Zumba®	Melissa	Family
<b>WE</b>	5:15A-6:00A	Hydrobox	Michelle	Family
	8:15A-9:00A	Water Works	Kaitlyn	Family
	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	6:00P-7:00P	Arthritis Water Exercise	Vicki	Family
<b>TH</b>	5:15A-6:00A	Water Tabata	Michelle	Family
	8:00A-8:45A	Deep Water Tabata	Vicki	Lap
	9:00A-10:00A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	7:15P-8:00P	Aqua Zumba®	Amy	Family
<b>FR</b>	8:15A-9:00A	Hydrobox	Kaitlyn	Family
	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	10:30A-11:15A	Water Tabata	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
<b>SA</b>	12:00P-1:00P	Arthritis Water Exercise	Patsy	Family
<b>SU</b>	1:00-2:00P	Aqua Zumba®	Angie	Family



**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
MO	5:00A-5:30A	Y-Box	Angie	C
	5:30A-6:00A	CORE	Angie	C
	9:30A-10:00A	Step Express	Rachael	C
	10:00A-10:30A	Cardio Craze	Rachael	C
	9:30A-10:30A	SilverSneakers® Circuit	B'Aylana	Dance
	10:30A-11:00A	Stretch & Roll	Rachael	C
	4:45P-5:15P	Body Blitz	Susie	C
	5:15P-5:45P	CORE	Susie	C
	5:45P-6:30P	FIERCE	Susie	C
	6:30P-7:00P	Beginner ZUMBA® Fitness	Melissa W.	C
7:00P-8:00P	ZUMBA® Fitness	Melissa W.	C	
TU	5:15A-6:00A	♥ Heart Rate Bootcamp	Blake	D
	9:00A-10:00A	Body Design	Heidi	C
	10:00A-10:30A	CORE	Heidi	C
	10:30A-11:30A	SilverSneakers® Classic	Summer	Dance
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	5:45P-6:45P	ZUMBA® Fitness	Joel	C
	6:30p-7:00P	Family Zumba	Melissa	B
	6:45P-7:15P	Bootcamp	Joel	C
WE	5:00A-5:30A	Body Blitz	Angie	C
	5:30A-6:00A	TurboKick®	Angie	C
	9:30A-10:30A	Muscle Pump	B'Aylana	C
	10:30A-11:15A	Les Mills SH'BAM™	B'Aylana	C
	9:30A-10:00A	Boomer Body Blitz	Susie	Dance
	10:00A-10:30A	Boomer Cardio Craze	Susie	Dance
	5:45P-6:30P	Bootcamp	Y'Teva	C
	6:30P-7:30P	ZUMBA® Fitness	Todd	C
	7:30P-8:00P	Body Blitz	Valerie Lack	C
	8:00p-8:30p	CORE	Valerie Lack	C

## CYCLE

	Time	Class	Instructor	Room
MO	12:00P-12:30P	☉ Cycle Express	FOD	D
TU	12:00P-1:00P	☉ Cycle	FOD	D
WE	12:00P-12:30P	☉ Cycle Express	FOD	D
FR	12:00P-1:00P	☉ Cycle	FOD	D
SA	12:00P-1:00P	☉ Cycle	FOD	D
SU	12:00P-1:00P	☉ Cycle	FOD	D

## CARDIO & STRENGTH

	Time	Class	Instructor	Room
TH	5:15A-6:00P	♥ Heart Rate Bootcamp	Blake	D
	9:00A-9:45A	♥ Heart Rate Bootcamp	Heidi	D
	9:45A-10:30A	Barre	Heidi	D
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	10:30A-11:30A	SilverSneakers® Classic	Susie	Dance
	4:45P-5:15P	Body Blitz	Susie	C
	5:15P-6:00P	Step	Susie	C
	6:00P-7:00P	Les Mills SH'BAM™	B'Aylana	C
	6:00P-6:30P	Family Zumba	Angie	B
	7:00P-7:45P	Y-Box	B'Aylana	C
FR	5:00A-6:00A	Muscle Pump	Angie	C
	9:30A-10:00A	Body Blitz	B'Aylana	C
	9:30A-10:30A	Boomer Bootcamp	Blake	Dance
	10:00A-10:30A	Y-Box	B'Aylana	C
	10:30A-11:00A	Stretch & Roll	B'Aylana	C
	5:45P-6:45P	ZUMBA® Fitness	Joel	C
SA	9:00A-9:30A	ZUMBA® Fitness	Kourtney	C
	9:30A-10:00A	PiYo®	Kourtney	C
	10:00A-11:00A	TurboKick®	Christi	C
	11:00A-12:00P	ZUMBA® Fitness	Melissa W	C
SU	12:30P-1:30P	Les Mills SH'BAM™	Redonna	C
	1:30P-2:30P	Muscle Pump	Holly	C
	2:30P-3:30P	Beginner ZUMBA® Fitness	Amy	C

## MIND & BODY

	Time	Class	Instructor	Room
MO	5:30P-6:30P	Beginner Yoga	Dorothy	B
TU	9:00A-10:00A	Beginner Yoga	Valerie Lilich	B
	9:30A-10:30A	Chair Yoga	B'Aylana	Dance
	5:30P-6:30P	Gentle Yoga	Lynette	B
WE	5:30P-6:00P	Beginner PiYo®	Angie	B
	6:00P-7:00P	Pilates	Christine	B
TH	9:00A-10:00A	Beginner Yoga	Valerie Lilich	B
	9:30A-10:30A	SilverSneakers® Yoga	Janice	Dance
SA	8:00A-9:00A	Beginner Yoga	Dorothy	B
SU	3:30P-4:30P	Beginner Yoga	Lynette	B