

# NORTH 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 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 12/31/18



## WATER EXERCISE

	Time	Class	Instructor	Pool
<b>MO</b>	5:30A-6:15A	Water Tabata	Jamee	Family
	8:00A-8:45A	Water Tabata	Christine	Family
	9:00A-10:00A	Water Arthritis	Cheryl	Family
	10:00A-11:00A	Water Bootcamp-Deep	Cheryl	Lap
	12:00P-1:00P	Water Works	Cheryl	Family
<b>TU</b>	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	12:00P-1:00P	Water Works	Norma	Family
	7:15P-8:00P	Water Tabata	Beverly	Family
<b>WE</b>	5:30A-6:15A	Aqua Zumba®	Melissa	Family
	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	10:00A-11:00A	Deep Water	Dana	Lap
	12:00P-1:00P	Water Works	Bev	Family
<b>TH</b>	8:00A-9:00A	Aqua Body Design	Beverly	Family
	9:00A-10:00A	Arthritis Water Exercise	Beverly	Family
	12:00P-1:00P	Water Tabata	Theresa	Family
	7:15P-8:00P	Water Tabata	Cheryl	Family
<b>FR</b>	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	10:00A-11:00A	Deep Water	Dana	Lap
	12:00p-12:45P	Water Tabata	Angela	Family
<b>SA</b>	12:00P-1:00P	Water Tabata	Pam	Family
<b>SU</b>	12:30P-1:15P	Aqua Zumba®	Ching	Family

## CYCLE

	Time	Cycle	Instructor	Pool
<b>MO</b>	<b>5:15A-5:45A</b>	<b>Cycle</b>	<b>Angie B.</b>	<b>Loft</b>
	<b>5:45A-6:15A</b>	<b>Cycle HIIT</b>	<b>Angie B.</b>	<b>Loft</b>
	9:00A-10:00A	Extreme Ride	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
<b>TU</b>	5:15A-6:00A	Cycle	Angie B.	Loft
	<b>5:30P-6:00P</b>	<b>Cycle</b>	<b>Jana</b>	<b>Loft</b>
	<b>6:00P-6:30P</b>	<b>Cycle HIIT</b>	<b>Jana</b>	<b>Loft</b>
<b>WE</b>	5:15A-6:00A	Cycle	Angie B.	Loft
	9:00A-10:00A	Extreme Ride	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
<b>TH</b>	5:30P-6:15P	Cycle	Melinda	Loft
<b>FR</b>	5:15A-6:00A	Cycle	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
<b>SA</b>	8:30A-9:30A	Extreme Ride	Staff	Loft
<b>SU</b>	2:30P-3:15P	Cycle	Whitney	Loft

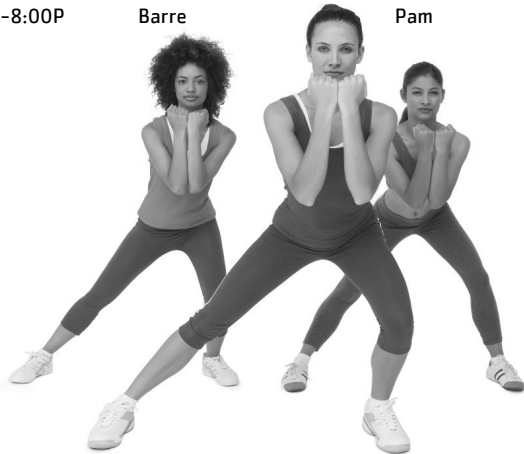
**Bolded classes** are Express Series classes designed to give you a great workout in just 30 minutes.

### 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-5:45A	Body Blitz	Bernadette	C	
	5:45A-6:15A	CORE	Bernadette	C	
	8:45A-9:30A	Sh'Bam	Shalen	C	
	9:30A-10:30A	Body Design	Shalen	C	
	10:00A-10:30A	CORE	Christine	Loft	
	10:30A-11:30A	SilverSneakers® Classis	Melissa	C	
	11:30A-12:15P	ZUMBA® Fitness	Maryanne	C	
	11:30A-12:15P	♥ Heart Rate Bootcamp	Rachael	Queenax	
	4:30P-5:30P	Body Blitz	Vicki	C	
	5:30P-6:30P	Body Design	Jenni	C	
	6:30P-7:30P	Muscle Pump	Pam	C	
	<b>TU</b>	5:15A-6:15A	TurboKick™	Kelley	C
8:45A-9:30A		Muscle Pump	Kelley	C	
9:30A-10:30A		Boomer Bootcamp	Zach	Loft	
9:30A-10:30A		Insanity®	Kelley	C	
10:30A-11:30A		SilverSneakers® Circuit	Dana	C	
11:30A-12:15P		Body Blitz	Christal	C	
4:30P-5:30P		Body Design	Jenni	C	
5:30P-6:30P		♥ Heart Rate Bootcamp	Rachael	Queenax	
5:30P-6:15P		TurboKick™	Christine B.	C	
6:15P-7:00P		PiYo®	Christine B.	C	
7:00P-7:45P		ZUMBA® Fitness	Pam	C	
<b>WE</b>		5:15A-6:15A	Muscle Pump	Bernadette	C
	8:45A-9:30A	ZUMBA® Fitness	Cora	C	
	9:30A-10:00A	CORE	Cora	C	
	10:00A-10:30A	Stretch and Roll	Christine	Loft	
	10:30A-11:30A	Boomer Bootcamp	Rachael	C	
	11:30A-12:15P	♥ Heart Rate Bootcamp	Zach	Queenax	
	11:30A-12:15P	TurboKick™	Maribeth	C	
	4:30P-5:30P	Muscle Pump	Pam	C	
	6:15P-7:00P	Sh'Bam	Vi	C	
	7:00P-8:00P	TurboKick™	Melinda	C	
	<b>TH</b>	5:15A-6:15A	Bootcamp	Kelley	Gym A
		8:45A-9:30A	Body Blitz	Janafer	C
9:30A-10:30A		Boomer Bootcamp	Erin	Loft	
9:30A-10:30A		ZUMBA® Fitness	Janafer	C	
10:30A-11:15A		TurboKick™	Hannah	C	
11:30A-12:15P		Body Blitz	Maryanne	C	
12:30P-1:00P		Bootcamp	Rachael	Loft	
4:30P-5:15P		PiYo®	Angie K.	C	
5:30P-6:15P		Sh'Bam	Pam	C	
6:15P-7:00P		Muscle Pump	Pam	C	
7:15P-8:00P		Barre	Pam	C	



## CARDIO & STRENGTH

	Time	Class	Instructor	Room	
<b>FR</b>	5:15A-6:15A	PiYo®	Kelley	C	
	8:30A-9:30A	TurboKick™	Maribeth	C	
	9:30A-10:30A	Muscle Pump	Maribeth	C	
	10:30A-11:30A	SilverSneakers® Classic	Angela C.	C	
	11:30A-12:15P	FIERCE	Jenni	C	
	12:30P-1:00P	Bootcamp	Zach	Loft	
	4:30P-5:15P	ZUMBA® Fitness	Holly	C	
	5:15P-6:00P	Muscle Pump	Angie K.	C	
	<b>SA</b>	8:00A-9:00A	ZUMBA® Fitness	Brynden	C
		9:00A-9:30A	CORE	Brynden	C
		9:30A-10:30A	♥ Heart Rate Bootcamp	Rachel	Queenax
		9:30A-10:00A	Body Blitz	Angie K.	C
10:00A-11:00A		TurboKick™	Melinda/Hannah	C	
11:00A-11:45A		Muscle Pump	Vi	C	
<b>SU</b>	12:30P-1:30P	Muscle Pump	Michael	C	
	3:15P-4:00P	ZUMBA® Fitness (FAMILY)	Brynden	C	
	4:00P-4:30P	CORE	Brynden	C	



## MIND BODY

<b>MO</b>	12:15P-1:00P	Intermediate Yoga	Dorothy	D
	5:30P-6:15P	Pilates	Stephanie W.	D
	6:30P-7:30P	Intermediate Yoga	Ginger	D
	7:30P-8:30P	Beginner Yoga	Ginger	D
<b>TU</b>	12:15P-1:00P	Intermediate Yoga	Marty	D
	12:30P-1:30P	Chair Yoga	Shalako	C
	6:00-6:45P	Intermediate Yoga	Kinsey	D
	6:45P-7:45P	Gentle Yoga	Dorothy	D
<b>WE</b>	9:30A-10:30A	Tai Chi for Health	David	D
	12:15P-1:00P	Intermediate Yoga	Dorothy	D
	5:30-6:15P	Pilates	Dayla	D
<b>TH</b>	12:15P-1:00P	Pilates	Stephanie W.	D
	5:30P-6:30P	Intermediate Yoga	Marty	D
	6:45P-7:45P	Beginner Yoga	Judy	D
<b>FR</b>	12:15P-1:00P	Intermediate Yoga	Dorothy	D
	6:00P-7:00P	Intermediate Yoga	Meredith	D
<b>SA</b>	9:00A-10:00A	Intermediate Yoga	Kinsey	D
	10:15A-11:15A	Beginner Yoga	Dorothy	D
<b>SU</b>	1:15-2:00P	Pilates	Stephanie W.	D