

EL DORADO YMCA

Group Exercise Schedule—Land & Water

Effective 12/30/19– 5/31/19

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.

KID ZONE HOURS

Drop in nursery available for members' children ages 6 wks to 7 yrs

Monday-Thursday 8:00A-12:00P | 4:00P-8:00P

Friday 8:00A-12:00P | 4:00P-7:00P

Saturday 8:00A-12:00P

Sunday 1:00P-4:00P

Updated 8/22/18



CYCLE

	Time	Class	Instructor	Room
MO	5:30P-6:00P	Cycle HIIT	Cheri	B
TH	6:30P-7:30P	Cycle Core	Cheri	B
FR	5:15A-6:00A	Cycle	Morgan	B

WATER EXERCISE

	Time	Class	Instructor	Room
MO	10:15A-11:00A	Water Tabata	Richard	Family
	5:45P-6:30P	Aqua Zumba®	Eleanor	Family
TU	8:00A-9:00A	Water Works	Diana	Family
	10:15A-11:15A	Water Works	Diana	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
WE	9:15A-10:15A	Water Works	Morgan	Family
	10:15A-11:00A	Arthritis Water	April	Family
TH	8:00A-9:00A	Water Works	Diana	Family
	10:15A-11:15A	Water Works	Diana	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
FR	9:00A-10:00A	Water Volleyball	None	Family
	10:15A-11:00A	Water Tabata	Morgan	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	5:15A-6:00A	PiYo®	Nichole	B
	8:00A-9:00A	Body Blitz	Laura	A
	8:30A-9:00A	Turbokick™	Morgan	Gym 1
	9:00A-10:00A	Muscle Pump	Morgan	B
	10:00A-10:30A	Stretch and Roll	Morgan	A
	10:00A-11:00A	SilverSneakers® Circuit	Laura	B
	4:30P-5:15P	Fierce	April	A
	6:00P-6:30P	CORE	Cheri	B
6:30P-7:00P	Bootcamp	Jordon	PT area	
TU	5:15A-6:00A	Heartrate Bootcamp	Nichole	B
	8:30A-9:00A	CORE	Laura	A
	9:00A-10:00A	SilverSneakers® Classic	Laura	B
	9:00A-10:00A	Heartrate Bootcamp	Jandee	Gym 1
	5:30P-6:30P	ZUMBA® Fitness	Megan	B
	6:30P-7:30P	Heartrate Bootcamp	Morgan	Gym 1
WE	9:00A-10:00A	Body Design	April	A
	10:00A-11:00A	SilverSneakers® Circuit	Collette	B
	4:30P-5:30P	Turbokick™	Tina	A
	6:00P-7:00P	Muscle Pump	Kim	Studio B
TH	5:15A-6:00A	Heartrate Bootcamp	Jordan	B
	8:00A-9:00A	Barre	Julie	A
	9:00A-10:00A	SilverSneakers® Classic	Julie	B
	9:00A-10:00A	Ybox	Morgan	A
	4:30P-5:30P	Heartrate Bootcamp	Morgan	Gym 1
	FR	6:00A-6:30A	Stretch and Roll	Jan
	9:00A-10:00A	Barre	April	A
SAT	9:00A-10:00A	Heartrate Boomer Bootcamp	Kim	PT Area



MIND BODY

	Time	Class	Instructor	Room
MO	8:00A-10:00A	Intermediate Yoga	Helen	B
TU	10:00A-11:00A	Pilates	Jan	B
	4:30P-5:30P	Intermediate Yoga	Karen	B
WE	9:00A-10:00A	Intermediate Yoga	Helen	B
	11:00A-12:00P	Tai Chi	Collette	B
TH	10:00A-11:00A	Pilates	Jan	B
FR	9:00A-10:00A	Beginner Yoga	Jan	B
	10:00A-10:30A	Restorative Yoga	Jan	B

