



CARDIO & STRENGTH

	Time	Class	Instructor	Room	
MO	5:30A-6:30A	Muscle Pump	Jess	D	
	8:30A-9:15A	ZUMBA® Fitness	Cassie	D	
	9:30A-10:30A	FIERCE	Shi	D	
	9:30A-10:30A	SilverSneakers® Classic	Cassie	A	
	10:45A-11:15A	Boomer Bootcamp	Katelyn	A	
	4:45P-5:15P	Lower Body/ABS	FOD	B	
	5:30P-6:30P	Muscle Pump	Shi	D	
	6:30P-7:30P	Bootcamp	Jon	B	
	6:30P-7:15P	ZUMBA® Fitness	Mandy	D	
	7:15P-8:15P	PIYO®	Paige	A	
	7:45P-8:15P	Stretch & Roll	Jon	B	
	TU	5:30A-6:15A	Bootcamp	Katelyn	D
		8:30A-9:15A	ZUMBA® Fitness	Lynnette H	D
		9:30A-10:15A	Body Design	Shalen	D
10:15A-10:45A		Core	Katelyn	D	
4:45P-5:15P		Lower Body/ABS	FOD	B	
5:30P-6:30P		Muscle Pump	Holly	D	
6:30P-7:15P		Zumba	Holly	D	
7:15P-8:00P		Y-Box	Julie	D	
WE		5:30A-6:15A	Turbo Kick®	Jess	D
		8:30A-9:15A	Y-BOX	Lacey	D
		9:30A-10:30A	Muscle Pump	Shi	D
	9:30A-10:30A	SilverSneakers® Classic	Cassie	A	
	9:30A-10:15A	Sh'Bam®	Lacey	B	
	10:30A-11:00A	Boomer Cardio Craze	Rose	B	
	4:45P-5:30P	Zumba	Rose	D	
	5:30P-6:30P	FIERCE	Shi	D	
6:30P-7:15P	Sh'Bam®	Lacey	D		
TH	5:30A-6:15A	Y-Box	Julie	D	
	8:30A-9:15A	ZUMBA® Fitness	Lynnette H	D	
	9:30A-10:15A	Turbo Kick®	Jess	D	
	10:15A-10:45A	Core	Katelyn	D	
	5:30P-6:30P	PiYo®	Paige	D	
	6:30P-7:15P	ZUMBA® Fitness	Nicole	D	
	7:15P-8:00P	Y-Box	Cassie	D	
	7:15P-8:00P	Bootcamp	Cale	B	
FR	5:15A-6:00A	Muscle Pump	Jess	D	
	9:30A-10:30A	Muscle Pump	Shi	D	
	10:45A-11:30A	Boomer Bootcamp	Katelyn	D	
	5:30P-6:30P	Bootcamp	Jon	D	
SA	9:30A-10:30A	Bootcamp	Jon	B	
	10:45A-11:15A	Stretch & Roll	Jon	B	
	10:30A-11:30A	ZUMBA® Fitness	Cassie/Holly	D	
SU	No Classes				

CYCLE

	Time	Class	Instructor	Room
MO	8:30A-9:15A	♥ Heartrate Cycle	Kim	C
TU	5:15A-6:00A	♥ Heartrate Cycle	Jeff	C
	6:30P-7:15P	♥ Heartrate Cycle	Lacey	C
WE	5:15A-6:00A	♥ Heartrate Cycle	Lacey	C
TH	5:15A-6:00A	♥ Heartrate Cycle	Jeff	C
SA	8:30A-9:30A	♥ Heartrate Cycle	Jeff	C
SU	No Classes			

INSPIRE OTHERS!

Do you want a job that will keep you in shape as you motivate others to reach their fitness goals? We are always looking for dedicated and passionate group exercise enthusiasts and personal trainers!

Join our team of almost 300 instructors and trainers as we help to improve people's lives.

Developed by Greater Wichita YMCA, these trainings will help prepare you for all information and skills evaluated during the certifications.

Trainings available:

- 4 Week Personal Trainer Workshop
- 4 Week Land
- 4 Week Water
- 8 Week Yoga
- 8 Week Mat Pilates
- 4 Week Cycle

No matter what you choose, these classes fully prepare you. They are a fun way to get to know other new trainees as you learn and practice together.

TO APPLY: Visit ymcawichita.org/employment

Have questions?

Contact Josh Gunderson at josh.gunderson@ymcawichita.org

NEWTON YMCA

Group Exercise Schedule—Land & Water

Effective 1/2/19–5/31/19

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 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. 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 1/4/19

WATER EXERCISE

	Time	Class	Instructor	Pool
MO	6:30P-7:15P	Water Works	Cathy	Lap
TU	8:30A-9:30A	Water Tabata	Richard	Family
	9:30A-10:30A	Arthritis Water Exercise	Richard	Family
TH	8:30A-9:30A	Water Tabata	Richard	Family
	9:30A-10:30A	Arthritis Water Exercise	Richard	Family
SA	8:30A-9:15A	Water Works	Cathy	Family

MIND BODY

	Time	Class	Instructor	Room
MO	9:30A-10:00A	🕒 Pilates	FOD	B
	5:30P-6:30P	Beginner Yoga	Kate	B
TU	9:30A-10:00A	🕒 Yoga	FOD	B
	5:45P-6:45P	Intermediate Yoga	Shalako	B
WE	10:30A-11:30A	Chair Yoga	Shalako	A
	5:30P-6:00P	🕒 Yoga	FOD	B
TH	5:45P-6:45P	Intermediate Yoga	Chelsea	B
FR	9:30A-10:30A	Beginner Yoga	Kate/Lynette	B
	10:30A-11:30A	Intermediate Yoga	Kate/Lynette	B
SU	3:00P-4:00P	🕒 Yoga	FOD	B



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-Thursday 8:00A-12:00P | 4:00P-8:00P
 Friday 8:00A-12:00P | 4:00P-6:30P
 Saturday 8:00A-12:00P
 Sunday 1:00P-4:00P