

# NORTHWEST 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!



### WATER EXERCISE

	Time	Class	Instructor	Room
<b>MO</b>	8:00A-8:45A	Boomer Water Works	Cyndi	Family
	9:30A-10:30A	Water Works	Jandee	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
	6:30P-7:15P	Aqua Body Design	Heidi	Family
<b>TU</b>	5:30A-6:15A	Aqua Body Design	Jana	Family
	9:00A-10:00A	Water Tabata	Jeannie	Lap
	7:00P-7:45P	Aqua Zumba®	Hideki	Family
<b>WE</b>	8:00A-8:45A	Boomer Water Works (begins 1/16)	Jana	Family
	9:30A-10:30A	Hydrobox	Janefer	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
<b>TH</b>	5:30A-6:15A	Aqua Body Design	Whitney	Family
	9:00A-9:45A	Aqua Body Design	Heidi	Lap
	9:45A-10:30A	Working Down Under	Sandy	Lap
	7:00P-7:45P	Water Tabata	Jandee	Family
<b>FR</b>	8:00A-8:45A	Boomer Water Works	Cyndi	Family
	9:30A-10:30A	Water Tabata	Jeannie/Whitney	Lap
	10:45A-11:30A	Arthritis Water Exercise	Cyndi	Family
<b>SA</b>	9:00A-10:00A	Water Tabata	Staff/Jeannie	Lap

### CYCLE

<b>MO</b>	5:15A-6:15A	Extreme Ride	Christal	D
	8:45A-9:30A	Cycle	Marie	D
	9:45A-10:30A	Beginner Cycle	Rebecca	D
	5:30P-6:30P	Extreme Ride	Janice	D
	6:45P-7:30P	Beginner Cycle	Katherine	D
<b>TU</b>	9:30A-10:30A	Cycle Core	Stacey	D
	6:00P-6:45P	Cycle	Jill	D
<b>WE</b>	5:00A-6:00A	Cycle Core	Janice	D
	8:45A-9:30A	Cycle	Rebecca	D
	6:00P-6:45P	Cycle	Whitney K	D
<b>TH</b>	5:15A-6:00A	Cycle	Ashley	D
	9:30A-10:30A	Cycle Core	Ashley	D
	6:00P-6:45P	Cycle	Barb	D
<b>FR</b>	5:15A-6:00A	Cycle	Marie	D
	8:45A-9:30A	Cycle	Rebecca	D
	9:30A-10:30A	Extreme Ride	Janice	D
<b>SA</b>	7:00A-8:00A	Extreme Ride	Dana	D
	9:00A-10:00A	Extreme Ride	Janice	D
<b>SU</b>	8:00A-9:00A	Extreme Ride	Janice	D
	1:00P-2:00P	Extreme Ride	Rotation	D

**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>	5:00A-6:00A	TurboKick™	Tammy	F
	5:00A-6:00A	Bootcamp	Dawn	C
	<b>8:30A-9:00A</b>	<b>Body Blitz</b>	<b>Heidi</b>	<b>C</b>
	<b>9:00A-9:30A</b>	<b>Step</b>	<b>Heidi</b>	<b>C</b>
	9:30A-10:30A	Muscle Pump	Jeannie	C
	10:30A-11:15A	SilverSneakers® Circuit	Natalie	F
	10:30A-11:30A	ZUMBA® Fitness	Jessie	C
	5:45P-6:30P	TurboKick™	Mary Anne	F
	5:45P-6:30P	ZUMBA® Fitness	Jandee	C
	6:30P-7:30P	Muscle Pump	Jennifer W	C
7:30P-8:30P	FIERCE	Heidi	C	
<b>TU</b>	5:00A-5:45A	Barre	Mary Anne	YWS
	5:00A-6:00A	Body Design	Whitney	C
	<b>8:45A-9:15A</b>	<b>Body Blitz</b>	<b>Janefer</b>	<b>C</b>
	9:15A-10:00A	TurboKick™	Janefer	C
	9:30A-10:15A	Sh'bam	Elizabeth	F
	10:00A-11:00A	Body Design	Heidi	C
	10:30A-11:30A	SilverSneakers® Classic	Royce	F
	<b>11:00A-11:30A</b>	<b>Stretch &amp; Roll</b>	<b>Heidi</b>	<b>C</b>
	5:00P-5:45P	Step	Natalie	C
	<b>5:45P-6:15P</b>	<b>CORE</b>	<b>Natalie</b>	<b>C</b>
6:30P-7:30P	Y-Box	Sandra	C	
7:30P-8:30P	ZUMBA® Fitness	Sarah	C	
<b>WE</b>	5:00A-5:45A	ZUMBA® Fitness	Mary Anne	F
	5:00A-6:00A	Morning Mix!	Tammy	C
	8:30A-9:30A	Muscle Pump	Jeannie	C
	9:30A-10:15A	Insanity®	Heidi	Cheer Ctr
	9:30A-10:30A	PiYo®	Whitney	YWS
	<b>10:00A-10:30A</b>	<b>CORE</b>	<b>Jandee</b>	<b>F</b>
	<b>10:00A-10:30A</b>	<b>Boomer Body Blitz</b>	<b>Marie</b>	<b>C</b>
	10:30A-11:15A	Boomer Cardio CRAZE	Marie	C
	10:30A-11:30A	ZUMBA® Fitness	Jandee	F
	5:30P-6:15P	Beginner ZUMBA® Fitness	Sarah	F
5:30P-6:30P	Muscle Pump	Barb	C	
6:30P-7:30P	Body Design	Heidi	C	
<b>TH</b>	5:00A-5:45A	Muscle Pump	Jennifer W	C
	8:45A-9:45A	Body Design	Jeannie	C
	9:45A-10:30A	Y-Box	Jeannie	C
	10:30A-11:30A	ZUMBA® Fitness	Frederique	C
	10:30A-11:30A	SilverSneakers® Classic	Natalie	F
	4:45P-5:45P	Muscle Pump	Heidi	C
	5:45P-6:30P	Sh'bam	Jandee	C
	5:45P-6:30P	TurboKick™	Whitney	F
	6:30P-7:15P	Insanity®	Heidi	C

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	Time	Class	Instructor	Room	
<b>FR</b>	5:00A-6:00A	Body Blitz	Heidi	C	
	5:00A-6:00A	Insanity®	Dawn	Cheer Ctr	
	8:30A-9:30A	Bootcamp	Whitney	C	
	9:30A-10:30A	TurboKick™	Joanna	F	
	9:30A-10:30A	ZUMBA® Fitness	Janefer	C	
	10:30A-11:15A	Barre	Janefer	YWS	
	10:30A-11:30A	Boomer Muscle Pump	Joanna/Barb	C	
	<b>SA</b>	7:00A-8:00A	FIERCE	Whitney/Jennifer W	C
		8:00A-8:45A	Barre	Mary Anne	YWS
		8:00A-9:00A	Beginner Bootcamp	Linda A	Cheer Ctr
8:00A-9:00A		Muscle Pump	Jeannie	C	
9:00A-10:00A		TurboKick™	Tammy/Mary Anne	C	
<b>10:00A-10:30A</b>		<b>Stretch &amp; Roll</b>	<b>Tammy/Mary Anne</b>	<b>F</b>	
10:00A-11:00A		Y-Box	Jeannie/Sandra	C	
<b>11:00A-11:30A</b>		<b>Step</b>	<b>Jenny/Dee</b>	<b>C</b>	
<b>11:30A-12:00P</b>		<b>Body Blitz</b>	<b>Jenny/Dee</b>	<b>C</b>	
<b>SU</b>		8:00A-9:00A	Insanity®	Heidi	Cheer Ctr
	<b>9:00A-9:30A</b>	<b>Stretch &amp; Roll</b>	<b>Heidi</b>	<b>C</b>	
	1:00P-2:00P	Body Design	Staff Rotation	C	
	2:00P-3:00P	ZUMBA® Fitness	Joel/Sarah	C	

## MIND BODY

<b>MO</b>	8:30A-9:30A	Intermediate Yoga	Janice	F
	9:30A-10:15A	Beginner Yoga	Janice	F
	11:15A-12:00P	SilverSneakers® Yoga	Jeannie	F
	6:30P-7:15P	Pilates	Janice	F
	7:30P-8:30P	Beginner Yoga	Hideki	F
<b>TU</b>	5:00A-5:45A	Intermediate Yoga	Janice	F
	9:00A-10:00A	Power Yoga	Linda	YWS
	6:30P-7:30P	Intermediate Yoga	Fred	F
<b>WE</b>	8:30A-9:30A	Intermediate Yoga	Tammy	F
	6:30P-7:30P	Intermediate Yoga	Fred	F
<b>TH</b>	8:00A-8:45A	Gentle Yoga	Debbi	F
	9:00A-10:00A	Power Yoga	Linda	F
	6:30P-7:15P	Pilates	Lee Ann	F
	7:30P-8:30P	Beginner Yoga	Ginger	F
<b>FR</b>	8:30A-9:30A	Beginner Yoga	Valerie	F
	10:30A-11:15A	SilverSneakers® Yoga	Janice	F
<b>SA</b>	9:00A-10:00A	Beginner Yoga	Linda A	F
	10:30A-11:30A	Intermediate Yoga	Janice	F
<b>SU</b>	12:00P-1:00P	Beginner Yoga	Linda A	F
	2:00P-3:00P	Intermediate Yoga	Hideki	F