

# WEST 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 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](http://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 1/29/19



## WATER EXERCISE

	Time	Class	Instructor	Room
<b>MO</b>	8:15A-9:00A	Water Tabata	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Boomer Water Works	Theresa	Family
	5:45P-6:30P	Arthritis Water Exercise	Rhonda	Family
<b>TU</b>	9:15A-10:15A	Water Tabata	Theresa	Family/Lap
<b>WE</b>	8:15A-9:00A	Water Works	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Boomer Water Works	Norma	Family
	5:45P-6:30P	Arthritis Water Exercise	Janice	Family
	6:30P-7:15P	Water Tabata	Janice	Family
<b>TH</b>	8:30A-9:30A	Aqua Body Design	Jana	Family/Lap
<b>FR</b>	8:15A-9:00A	Silver Sneakers Splash®	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Arthritis Water Exercise	Norma	Family
<b>SA</b>	12:15P-1:00P	Arthritis Water Exercise	Rhonda	Family



## MIND BODY

<b>MO</b>	8:15A-9:15A	Intermediate Yoga	Katherine/Leslie	Studio A
	5:15P-6:15P	Intermediate Yoga	Hideki	Studio A
	7:00P-8:00P	Intermediate Yoga	Lauren	Studio C
<b>TU</b>	<b>6:00A-6:25P</b>	<b>🕒 YOGA</b>	<b>FOD</b>	<b>Studio B</b>
	10:00A-11:00A	Pilates	LeeAnn	Studio A
	11:00A-12:00P	Chair Yoga	Janice	Studio A
	12:00P-1:00P	Tai Chi	David	Studio A
	5:15P-6:15P	Beginner Yoga	Leland	Studio A
<b>WE</b>	8:30A-9:30A	Intermediate Yoga	Janice	Studio A
	10:45A-11:30A	Beginner Yoga	Kourtney	Studio B
	5:30P-6:30P	Pilates	Mari	Studio A
<b>TH</b>	<b>6:00A-6:25A</b>	<b>🕒 YOGA</b>	<b>FOD</b>	<b>Studio B</b>
	10:00A-11:00A	Pilates	Maury	Studio A
	11:30A-12:30P	Chair Yoga	Collette	Studio A
	5:15P-6:15P	Beginner Yoga	Janice	Studio A
<b>FR</b>	<b>6:00A-6:25A</b>	<b>🕒 YOGA</b>	<b>FOD</b>	<b>Studio B</b>
	8:00A-8:45A	<b>🕒 YOGA</b>	<b>FOD</b>	<b>Studio B</b>
<b>SA</b>	8:30A-9:30A	Intermediate Yoga	Leland	Studio A
<b>SU</b>	1:15P-2:15P	Intermediate Yoga	Janice /Lauren	Studio A

**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>	<b>5:15A-5:45A</b>	<b>🕒 CARDIO</b>	<b>FOD</b>	<b>Studio B</b>
	9:00A-10:00A	TurboKick™	Summer	Studio C
	9:30A-10:30A	PiYo®	Whitney	Studio A
	10:00A-11:00A	Muscle Pump	Stacey	Studio C
	10:30A-11:30A	SilverSneakers® Classic	Joyce	Studio A
	11:00A-11:45A	Morning Mix	Polly	Studio C
	11:30A-12:30P	SilverSneakers® Classic	Joyce	Studio A
	12:00P-1:00P	Muscle Pump	Jackie	Studio C
	<b>3:00P-3:30P</b>	<b>🕒 CORE</b>	<b>FOD</b>	<b>Studio B</b>
	6:00P-7:00P	Step	Dee	Studio C
	6:30P-7:00P	Beginner ZUMBA® Fitness	Sarah B	Studio A
	7:00P-8:00P	ZUMBA® Fitness	Sarah B	Studio A
<b>TU</b>	5:00A-6:00A	Body Blitz	Dawn	Studio C
	6:30A-6:45A	🕒 CARDIO CORE	FOD	Studio B
	<b>8:30A-9:00A</b>	<b>Boomer Cardio CRAZE</b>	<b>Polly</b>	<b>Studio C</b>
	8:30A-9:30A	Barre	Emily	Studio A
	9:00A-10:00A	Boomer Muscle Pump	Janice	Studio C
	<b>9:30A-10:00A</b>	<b>Stretch &amp; Roll</b>	<b>LeeAnn</b>	<b>Studio A</b>
	9:30A-10:30A	ZUMBA® Fitness	Frederique	Studio B
	10:00A-10:45A	Step	Jackie	Studio C
	<b>3:00P-3:30P</b>	<b>🕒 PLYOGA</b>	<b>FOD</b>	<b>Studio B</b>
	4:45P-5:30P	Y-Box	Christin	Studio C
	5:45P-6:45P	Muscle Pump	Stacey	Studio C
	6:45P-7:45P	ZUMBA® Fitness	Jessie	Studio C
<b>WE</b>	<b>8:30A-9:00A</b>	<b>Cardio CRAZE</b>	<b>Natalie</b>	<b>Studio C</b>
	<b>9:00A-9:30A</b>	<b>Body Blitz</b>	<b>Natalie</b>	<b>Studio C</b>
	9:30A-10:30A	Y-Box	Kristin W	Studio C
	10:00A-10:45A	ZUMBA® Fitness	Kourtney	Studio B
	<b>9:30A-10:00A</b>	<b>Stretch &amp; Roll</b>	<b>Janice</b>	<b>Studio A</b>
	10:00A-11:00A	SilverSneakers® Classic	Summer	Studio A
	11:00A-12:00P	SilverSneakers® Classic	Summer	Studio A
	12:00P-1:00P	Muscle Pump	Stacey	Studio C
	<b>3:00P-3:30P</b>	<b>🕒 CARDIO</b>	<b>FOD</b>	<b>Studio B</b>
	5:30P-6:30P	TurboKick™	Joel	Studio C
	6:30P-7:30P	Beginner Bootcamp	Joyce	Studio B
	7:00P-8:00P	ZUMBA® Fitness	Sarah B	Studio A

## CARDIO & STRENGTH

	Time	Class	Instructor	Room
<b>TH</b>	5:00A-6:00A	Muscle Pump	Tralaine	Studio C
	6:00A-6:45A	TurboKick™	Summer	Studio A
	6:30A-6:45A	🕒 BOOTY BOOST	FOD	Studio B
	<b>8:30A-9:00A</b>	<b>Cardio CRAZE</b>	<b>Natalie</b>	<b>Studio C</b>
	9:00A-10:00A	Muscle Pump	Jenny	Studio C
	9:00A-9:45A	♥ Heartrate FIERCE	Maury	Studio B
	9:00A-10:00A	ZUMBA® Fitness	Jonie	Studio A
	10:00A-11:00A	Boomer Bootcamp	Joyce	Studio B
	10:00A-11:00A	PiYo®	Kristin W	Studio C
	<b>3:00P-3:30P</b>	<b>🕒 CARDIO</b>	<b>FOD</b>	<b>Studio B</b>
	5:45P-6:45P	Muscle Pump	Vi	Studio C
	6:30P-7:30P	ZUMBA® Fitness	Melissa	Studio A
	6:45P-7:30P	Sh'Bam	Vi	Studio C
<b>FR</b>	5:00A-6:00A	🕒 CARDIO/STRENGTH	FOD	Studio B
	8:30A-9:30A	Bootcamp	Joyce	Gym
	8:30A-9:30A	ZUMBA® Fitness	Jessie	Studio C
	9:30A-10:15A	Step	Kristin W	Studio C
	<b>10:15A-10:45A</b>	<b>Stretch &amp; Roll</b>	<b>LeeAnn</b>	<b>Studio A</b>
	10:15A-11:00A	BodyBlitz	Jackie	Studio C
	11:30A-12:30P	SilverSneakers® Circuit	Collette	Studio A
	12:00P-1:00P	Muscle Pump	Sarah W	Studio C
	<b>3:00P-3:30P</b>	<b>🕒 PLYOGA</b>	<b>FOD</b>	<b>Studio B</b>
	5:30P-6:30P	ZUMBA® Fitness	Todd	Studio A
<b>SA</b>	8:00A-9:00A	Body Design	Heidi	Studio B
	9:15A-10:00A	♥ Heartrate Insanity	Heidi	Studio B
	8:30A-9:15A	Muscle Pump	Christin	Studio C
	9:30A-10:30A	Step	Jenny	Studio C
	9:45A-10:45A	ZUMBA® Fitness	Jonie	Studio A
<b>SU</b>	12:00P-1:00P	Muscle Pump	Tammy	Studio C
	12:00P-1:00P	ZUMBA® Fitness	Todd	Studio A

## CYCLE

<b>MO</b>	9:00A-10:00A	♥ Heartrate Extreme Ride	Stacey	Studio B
<b>TU</b>	<b>9:00A-9:30A</b>	<b>Cycle Express</b>	<b>Maury</b>	<b>Studio B</b>
<b>WE</b>	5:00A-6:00A	♥ Heartrate Cycle Circuit	Tralaine	Studio B
	9:00A-10:00A	♥ Heartrate Cycle	Julie	Studio B
	5:30P-6:15P	♥ Heartrate Cycle	Stacey	Studio B
<b>FR</b>	9:00A-9:45A	♥ Heartrate Cycle	Maury	Studio B