



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 | D | |
| | 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 | |
| 4:45P-5:30P | | Turbo Kick@ | Sam | D | |
| 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 | |
| | 4:45P-5:30P | Turbo Kick@ | Cristi | 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 | 8:30A-9:15A | Turbo Kick@ | Sam/Cristi | D | |
| | 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

SU No Classes

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 3/4/19

WATER EXERCISE

| | Time | Class | Instructor | Pool |
|-----------|--------------|--------------------------|------------|--------|
| MO | 9:30A-10:30A | Water Tabata | Janet | Family |
| | 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 |
| WE | 5:30P-6:30P | Water Works | Janet | Family |
| | 6:30P-7:30P | Deep Water | Janet | Lap |
| TH | 8:30A-9:30A | Water Tabata | Richard | Family |
| | 9:30A-10:30A | Arthritis Water Exercise | Richard | Family |
| FR | 8:30A-9:30A | Water Works | Janet | 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