



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN THE TEAM

& DISCOVER THE JOY OF FITNESS

BECOME A YMCA INSTRUCTOR
GREATER WICHITA YMCA

UPCOMING TRAININGS

8-Week Mat Pilates Instructor Training

West Y on Friday evenings 6:00–9:00pm starting Sept 6th

4-Week Cycle Instructor Training

Andover Y on Monday evenings from 6:00–9:00pm starting Sept 9th

4-Week Personal Training Instructor Training

Downtown Y on Thursday evenings from 5:45–8:45pm starting Sept 26

Insanity

Northwest Y on Sundays from 8:00am–4:00pm starting Oct 6th

4-Week Water Instructor Training

West Y on Monday evenings from 6:00pm–9:00pm starting Oct 7th

4-Week Land Instructor Training

Downtown Y on Monday evenings from 6:30–9:30pm starting Oct 7th

COST

8-Week Trainings **\$195**

4-Week Trainings **\$95**

CONTACT

For more details, email grouplexercise@ymcawichita.org.



Additional certification classes are also required in order to teach classes at the YMCA. Completion of these courses does not guarantee employment by the YMCA. Further mentoring may be required before being employed by the YMCA.