

EAST YMCA

Group Exercise Schedule—Land & Water

Effective 1/2/18–3/31/18

CHECK IT OUT

NEW! STRETCH AND ROLL

Improve your flexibility, muscle function and balance. This 30 min class using a foam roller is recommended for all ages who are active. Optimize your recovery before or after workouts with this class!

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!



JOIN ANYTIME! All classes on this schedule are ongoing, for ages 13 and up, and included in YMCA membership.

In case of inclement weather, please call 316.838.9622 to find out about class cancellations. Please refer to schedules regularly or check ymcawichita.org for up-to-date information.

Bolded classes are Express Series classes designed to give you a great workout in just 30 minutes.

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. Participate in as many of these free mini sessions as you wish. No sign up is necessary. Check the featured workout schedule to be 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.

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

WATER EXERCISE

	Time	Class	Instructor	Room
MO	5:30A–6:30A	Water Works	Sheryl	Lap
	9:00A–10:00A	Aqua Body Design	Nicole	Lap
	11:00A–12:00P	Boomer Water Works	Nicole	Family
	4:45P–5:30P	Arthritis Water Exercise	Jackie	Family
	5:30P–6:30P	Water Works	Jackie	Lap
TU	9:00A–10:00A	Water Works	Tina	Lap
	10:00A–11:00A	Fit 4 Two	Tina	Lap
	11:30A–12:30P	Boomer Water Works	Frances	Family
	5:30P–6:15P	Water Tabata	Theresa	Lap
WE	5:30A–6:30A	Water Tabata	Jackie	Lap
	9:00A–9:45A	Water Works	Sheryl	Lap
	4:45P–5:30P	Boomer Water Tabata	Jackie	Family
	5:30P–6:30P	Water Bootcamp	Jackie	Lap
TH	11:30A–12:30P	Boomer Water Works	Frances	Family
FR	5:30A–6:30A	Aqua Bootcamp	Jackie	Lap
	9:00A–10:00A	Water Tabata	Jackie	Lap
	11:30A–12:30P	Arthritis Water Exercise	Frances	Family
SA	8:30A–9:15A	Water Works	Brandi	Lap

MIND BODY

	Time	Class	Instructor	Room
MO	11:00A–12:00P	Tai Chi for Health	Terry	Mind
TU	10:45A–11:45A	Silver Sneakers® Yoga	Mary Beth	Spirit
	6:30P–7:30P	Tai Chi for Health	Ken	Mind
WE	10:15A–11:15A	Pilates	Lynde	Mind
TH	11:00A–12:00P	Chair Yoga	Mary Beth	Spirit
	5:30P–6:30P	Intermediate Yoga	Ken	Spirit
FR	8:00A–9:00A	Intermediate Yoga	Ken	Spirit
	10:15A–11:00A	Pilates	Sheryl	Mind
	11:30A–12:30P	Gentle Yoga	Ken	Spirit
SA	10:15A–11:15A	Intermediate Yoga	Stephanie N	Spirit
SU	11:15A–12:00P	Pilates	Kristy	Mind
	12:00P–1:00P	Gentle Yoga	Ken	Spirit



Updated 2/1/18



CARDIO AND STRENGTH

	Time	Class	Instructor	Room	
MO	4:45A-5:15A	Bootcamp	Gavyn	Loft	
	5:30A-6:30A	Body Blitz	Angela	Spirit	
	8:00A-9:00A	Boomer Body Blitz	Sherrie	Spirit	
	8:30A-9:15A	Turbo Kick™	Katie	Mind	
	9:15A-10:00A	Body Design	LeaAnn	Spirit	
	10:00A-10:30A	PiYo®	LeaAnn	Spirit	
	10:15A-11:00A	Body Blitz	Nicole	Mind	
	10:30A-11:30A	Silver Sneakers® Classic	Sheryl	Spirit	
	11:30A-12:15P	Boomer Cardio Craze	Mary Beth	Spirit	
	12:00P-12:45P	Barre	Heidi	Mind	
	5:30P-6:30P	Muscle Pump	Christy	Spirit	
	6:30P-7:15P	Turbo Kick™	Christy	Spirit	
	7:30P-8:15P	Step	Matt	Spirit	
	TU	5:30A-6:30A	Turbo Kick™	Whitney	Spirit
		8:30A-9:15A	Fierce	Frances	Spirit
		9:15A-10:00A	Y-Box	Sherrie	Spirit
		10:00A-10:45A	Boomer Cardio Craze	Mary Beth	Spirit
10:00A-10:45A		Boomer Bootcamp	Frances	Loft	
10:15A-11:00A		PiYo®	Rosa	Mind	
5:30P-6:30P		Body Design	Frances	Spirit	
6:30P-7:15P		Bootcamp	Frances	Loft	
6:30P-7:30P		ZUMBA® Fitness	Aimee	Spirit	
WE		4:45A-5:15A	Bootcamp	Kurtis	Loft
		8:30A-9:15A	Muscle Pump	Kelley	Spirit
	9:15A-10:00A	Turbo Kick™	Kelley	Spirit	
	9:15A-10:15A	ZUMBA® Fitness	Tiffany	Gym	
	10:00A-10:30A	PiYo®	Kelley	Spirit	
	10:30A-11:30A	Silver Sneakers® Circuit	Mary Beth	Spirit	
	11:15A-11:45A	Stretch & Roll	Lynde	Mind	
	12:00P-12:45P	Barre	Frances	Mind	
	5:30P-6:30P	Muscle Pump	Sarah	Spirit	
	6:30P-7:15P	Y-Box	Jescia	Spirit	
	TH	5:30A-6:15A	PiYo®	LeaAnn	Spirit
8:30A-9:15A		Cardio CRAZE	Matt	Spirit	
9:15A-10:00A		Body Blitz	Angela	Spirit	
10:00A-11:00A		Silver Sneakers® Classic	Sheryl	Spirit	
10:15A-11:00A		Barre	Rosa	Mind	
5:30P-6:15P		PiYo	Jescia	Mind	
6:30P-7:15P		Bootcamp	Jescia	Loft	
6:30P-7:30P		ZUMBA® Fitness	Aimee	Spirit	
FR		4:45A-5:15A	Bootcamp	Gavyn	Loft
		8:30A-9:15A	Turbo Kick™	LeaAnn	Mind
		8:30A-9:00A	Bootcamp	Kelley	Loft
	9:00A-10:00A	ZUMBA® Fitness	Jonie	Spirit	
	10:00A-10:30A	Boomer Cardio	Mary Beth	Spirit	
	10:30A-11:15A	Boomer Bootcamp	Nicole	Loft	
	10:30A-11:30A	Silver Sneakers® Classic	Mary Beth	Spirit	
6:45P-7:45P	ZUMBA® Fitness	Melissa	Spirit		

CARDIO AND STRENGTH

	Time	Class	Instructor	Room
SA	7:30A-8:30A	Zumba	Amy	Gym
	8:00A-8:45A	Turbo Kick™	Rosa, Kelley, Steph	Spirit
	8:45A-9:30A	PiYo®	Rosa, Kelley, Steph	Spirit
	9:15A-9:45A	Stretch & Roll	Pam	Mind
	9:30A-10:15A	Muscle Pump	Stephanie N	Spirit
SU	10:15A-10:45A	Stretch & Roll	Jacque	Mind
	1:30-2:30P	Turbo Kick™	Christy/Whitney	Spirit
	2:30P-3:30P	ZUMBA® Fitness	Frances	Spirit



CYCLE

	Time	Class	Instructor	Room
MO	5:30A-6:15A	Cycle	Sherrie	Mind
	9:15A-10:00A	Cycle	Katie	Mind
	4:15P-5:00P	Cycle	Mindy	Mind
	5:30P-6:15P	Cycle	Ashley	Mind
TU	5:30A-6:15A	Cycle	Jescia	Mind
	9:00A-10:00A	Cycle Circuit	Rosa	Mind
	5:30P-6:15P	Cycle	Leslie	Mind
WE	5:30A-6:30A	Cycle Circuit	Jescia	Mind
	9:00A-10:00A	Cycle Extreme	Sherrie	Mind
	5:30P-6:15P	Cycle	Jescia	Mind
TH	5:30A-6:15A	Cycle	Leslie	Mind
	9:00A-10:00A	Cycle Circuit	Rosa	Mind
	6:15P-7:00P	Cycle	Chawn	Mind
FR	5:30A-6:30A	Cycle Circuit	LeaAnn	Mind
	9:15A-10:00A	Cycle	Kelley	Mind
SA	8:15A-9:00A	Cycle	Pam	Mind
SU	9:15A-10:00A	Cycle	Jacque	Mind