

NORTH YMCA

Group Exercise Schedule—Land & Water

Effective 1/2/18–5/31/18



CHECK IT OUT

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 - 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. 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	Pool
MO	5:30A-6:15A	Water Works	Pam	Family
	8:00A-9:00A	Water Tabata	Christine	Family
	9:00A-10:00A	Arthritis Water Exercise	Cheryl	Family
	10:00A-11:00A	Aqua Body Design (Deep)	Cheryl	Lap
	12:00P-1:00P	Aqua Body Design	Beverly	Family
TU	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	12:00P-1:00P	Water Tabata	Theresa	Family
	7:15P-8:00P	Water Tabata	Beverly	Family
WE	5:30A-6:15A	Aqua Zumba®	Melissa	Family
	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	10:00A-11:00A	Working Down Under (Deep)	Dana	Lap
	12:00P-1:00P	Water Works	Cheryl	Family
TH	8:00A-9:00A	Aqua Body Design	Beverly	Family
	9:00A-10:00A	Arthritis Water Exercise	Beverly	Family
	12:00P-1:00P	Water Bootcamp	Cheryl	Family
	7:15P-8:00P	Water Tabata	Cheryl	Family
FR	5:30A-6:15A	Water Tabata	Jamee	Family
	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	10:00A-11:00A	Working Down Under (Deep)	Dana	Lap
	12:00P-1:00P	Water Works	Christine	Family
SA	12:00P-1:00P	Water Tabata	Lydia	Family
SU	12:30P-1:15P	Water Tabata	Pam	Family

CYCLE

	Time	Cycle	Instructor	Pool
MO	5:15A-5:45A	Cycle	Angie B.	Loft
	5:45A-6:15A	Cycle HIIT	Angie B.	Loft
	9:00A-10:00A	Extreme Ride	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
TU	5:15A-6:00A	Cycle	Angie B.	Loft
	5:30P-6:15P	Cycle	Jana	Loft
WE	5:15A-6:00A	Cycle	Angie B.	Loft
	9:00A-10:00A	Extreme Ride	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
TH	5:30P-6:15P	Cycle	Melinda	Loft
FR	5:15A-6:00A	Cycle	Dan	Loft
	5:30P-6:15P	Cycle	Pam	Loft
SA	8:30A-9:15A	Cycle	Staff	Loft
SU	2:30P-3:15P	Cycle	Pam	Loft

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

CARDIO & STRENGTH

	Time	Class	Instructor	Room	
MO	5:00A-5:30A	Stretch & Roll	Danielle	D	
	5:15A-5:45A	Body Blitz	Bernadette	C	
	5:45A-6:15A	Core	Bernadette	C	
	8:30A-9:00A	Step	Stephanie S.	C	
	9:00A-9:30A	CORE	Stephanie S.	C	
	9:30A-10:30A	Body Design	Stephanie S.	C	
	10:30A-11:30A	SilverSneakers® Circuit	Beverly	C	
	11:30A-12:15P	ZUMBA® Fitness	Maryanne	C	
	11:30A-12:15P	Bootcamp	Rachael	Queenax	
	4:30P-5:30P	Body Blitz	Renee	C	
	5:30P-6:30P	Body Design	Jenni	C	
	6:30P-7:30P	Muscle Pump	Pam	C	
	6:45P-7:30P	Bootcamp	Chelsea	Queenax	
TU	5:15A-6:15A	TurboKick™	Kelley	C	
	8:30A-9:30A	Muscle Pump	Kelley	C	
	9:00A-10:00A	Boomer Bootcamp	Chelsea	Loft	
	9:30A-10:30A	Insanity®	Kelley	C	
	9:30A-10:00A	Streth & Roll	Dayla	D	
	10:30A-11:30A	SilverSneakers® Classic	Dayla	C	
	11:30A-12:15P	Body Blitz	Christal	C	
	4:30P-5:30P	Body Design	Jenni	C	
	4:45P-5:30P	Y-Box	Angie	D	
	5:30P-6:30P	Bootcamp	Rachel	Queenax	
	5:30P-6:15P	TurboKick™	Christine	C	
	6:15P-7:00P	PiYo®	Christine	C	
	7:00P-7:45P	ZUMBA® Fitness	Pam	C	
WE	5:15A-6:15A	Muscle Pump	Bernadette	C	
	8:30A-9:30A	ZUMBA® Fitness	Katie	C	
	9:30A-10:00A	CORE	Renee	C	
	10:00A-10:30A	Body Blitz	Renee	C	
	10:30A-11:30A	SilverSneakers® Circuit	Cheryl	C	
	11:30A-12:15P	TurboKick™	Maribeth	C	
	4:30P-5:30P	Muscle Pump	Pam	C	
	5:00P-5:30P	Stretch & Roll	Cheryl	D	
	5:30P-6:30P	Step Circuit	Bernadette	C	
	6:30P-7:00P	Body Blitz	Bernadette	C	
	7:00P-8:00P	TurboKick™	Melinda	C	
	TH	5:15A-6:00A	FIERCE	Jamee	C
		5:15A-6:15A	Bootcamp	Kelley	Gym A
8:30A-9:30A		Body Blitz	Janafer	C	
9:00A-10:00A		Boomer Bootcamp	Cheryl	Loft	
9:30A-10:30A		ZUMBA® Fitness	Janafer	C	
10:30A-11:30A		SilverSneakers® Yoga	Emily	C	
11:30A-12:15P		Body Blitz	Maryanne	C	
4:30P-5:00P		Step	Jenni	C	
5:00P-5:30P		CORE	Jenni	C	
6:00-6:45		Muscle Pump	Pam	C	
7:00P-7:45P		Barre	Pam	C	
FR		5:15A-6:15A	Body Design	Bernadette	C
		5:15A-6:15A	PiYo®	Kelley	D
	8:30A-9:30A	TurboKick™	Maribeth	C	
	9:30A-10:30A	Muscle Pump	Maribeth	C	
	10:30A-11:30A	SilverSneakers® Classic	Angela C.	C	
	11:30A-12:15P	FIERCE	Jenni	C	
	4:30P-5:15P	ZUMBA® Fitness	Lydia	C	
	5:30P-6:00P	Stretch & Roll	Lydia	D	

CARDIO & STRENGTH

	Time	Class	Instructor	Room
SA	8:30A-9:00A	CORE	Renee	C
	9:00A-10:00A	Body Design	Renee	C
	9:30A-10:30A	Bootcamp	Rachel	Queenax
	10:00A-11:00A	TurboKick™	Melinda/ Christine	C
	11:00A-11:45P	Muscle Pump	Lydia	C
	11:30A-12:30P	PiYo®	Kimberlee	D
SU	12:30P-1:30P	Muscle Pump	Michael	C
	1:30P-2:30P	Barre	Pam	C
	2:30P-3:15P	Step	Angie	C
	3:15P-4:00P	PiYo®	Angie	D
	3:15P-4:00P	ZUMBA® Fitness (FAMILY)	Lydia	C
	4:45P-5:15P	Stretch & Roll	Kimberlee	D

MIND BODY

	Time	Class	Instructor	Room
MO	12:15P-1:00P	Intermediate Yoga	Linda	D
	5:30P-6:15P	Pilates	Stephanie W.	D
	6:15P-7:15P	Intermediate Yoga	Holly	D
	7:30P-8:30P	Beginner Yoga	Ginger	D
TU	12:30P-1:15P	Gentle Yoga	Dorothy	D
	5:30P-6:30P	Intermediate Yoga	Linda	D
	6:45P-7:45P	Gentle Yoga	Dorothy	D
WE	9:30A-10:30A	Tai Chi for Health	David	D
	12:15P-1:00P	Intermediate Yoga	Linda	D
	5:30P-6:15P	Pilates	Stephanie W.	D
	6:30P-7:30P	Intermediate Yoga	Linda	D
TH	9:30A-10:30A	Intermediate Yoga	Meredith	D
	10:30A-11:30A	SilverSneakers® Yoga	Emily	C
	12:15P-1:00P	Pilates	Emily	D
	6:45P-7:45P	Beginner Yoga	Judy	D
FR	12:15P-1:00P	Intermediate Yoga	Linda	D
	6:00P-7:00P	Intermediate Yoga	Meredith	D
SA	9:00A-10:00A	Intermediate Yoga	Staff	D
	10:15A-11:15A	Beginner Yoga	Judy	D
SU	12:00P-1:00P	Intermediate Yoga	Linda	D
	4:00P-4:45PP	Pilates	Kimberlee	D

