

# NORTHWEST YMCA

## Group Exercise Schedule—Land & Water

Effective 1/2/17 - 5/31/17



### 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!



#### BOOT CAMPS—FREE WITH MEMBERSHIP!

Get a full-body workout with the help of a certified instructor. These circuit-based classes target results while allowing you to tailor the workout intensity to your fitness and skill level.

**BARRE CLASSES** - A revolution that blends the best of ballet, strength, yoga and Pilates in a safe, exciting and effective class. For all participants with either a dance or fitness interest.

**BOOMER CLASSES** - Designed for ages 50+, enjoy variations of our regular classes with a focus on low impact, lower intensity exercise at a tempo to support good form and a good workout.

**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.

**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.

### WATER EXERCISE

	Time	Class	Instructor	Room
<b>MO</b>	5:30A-6:15A	Water Works	Sasha	Family
	8:15A-9:00A	Boomer Water Works	Kristin	Family
	9:30A-10:30A	Aqua Body Design	Whitney	Lap
	10:00A-11:00A	Arthritis Water Exercise	Kristin	Family
	6:30P-7:15P	Aqua Body Design	Heidi	Family
<b>TU</b>	5:30A-6:15A	Water Tabata	Janet	Family
	9:00A-10:00A	Water Tabata	Jeannie	Lap
	7:15P-8:00P	AQUA ZUMBA®	Hideki	Family
<b>WE</b>	9:30A-10:30A	Hydrobox	Janefer	Lap
	10:00A-11:00A	Arthritis Water Exercise	Janice	Family
<b>TH</b>	5:30A-6:15A	Aqua Body Design	Whitney	Family
	9:00A-9:45A	Hydrobox	Jennifer	Lap
	9:45A-10:30A	Working Down Under	Jennifer	Lap
	7:15P-8:00P	Water Tabata	Linda	Family
<b>FR</b>	8:15A-9:00A	SilverSneakers Splash®	Kristin	Family
	9:30A-10:30A	Water Tabata	Jennifer	Lap
	11:00P-12:00P	Arthritis Water Exercise	Kristin	Family
<b>SA</b>	10:00A-11:00A	Water Tabata	Whiney/Jeannie	Lap

### CYCLE

<b>MO</b>	5:15A-6:15A	Extreme Ride	Christal	D
	8:45A-9:30A	Cycle	Marie	D
	9:30A-10:15A	Beginner Cycle	Rebecca	D
	5:30P-6:30P	Extreme Ride	Erin	D
	6:30P-7:15P	Beginner Cycle	Katherine	D
<b>TU</b>	9:30A-10:30A	Cycle Circuit	Stacey	D
	6:00P-6:45P	Cycle	Jill	D
<b>WE</b>	5:00A-6:00A	Cycle Core	Janice	D
	8:45A-9:30A	Cycle	Erin	D
	<b>6:00P-6:30P</b> <b>6:30P-7:00P</b>	<b>Cycle HIIT</b> <b>Cycle Express</b>	<b>Linda A</b> <b>Linda A</b>	<b>D</b> <b>D</b>
<b>TH</b>	5:15A-6:00A	Cycle	Erin	D
	9:30A-10:30A	Cycle Circuit	Stacey	D
	5:45P-6:30P	Cycle	Maury	D
<b>FR</b>	5:15A-6:00A	Cycle	Marie	D
	8:45A-9:30A	Cycle	Rebecca	D
	9:30A-10:30A	Extreme Ride	Janice	D
<b>SA</b>	7:00A-8:00A	Extreme Ride	Dana	D
	9:00A-10:00A	Extreme Ride	Janice	D
<b>SU</b>	8:00A-9:00A	Extreme Ride	Janice	D
	1:00P-2:00P	Extreme Ride	Rotation	D

**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

Updated 12/13/16



## CARDIO & STRENGTH

	Time	Class	Instructor	Room	
<b>MO</b>	5:00A-6:00A	TurboKick™	Tammy	F	
	5:00A-6:00A	Advanced Bootcamp	Dawn	C	
	<b>8:30A-9:00A</b>	<b>Body Blitz</b>	<b>Heidi</b>	<b>C</b>	
	<b>9:00A-9:30A</b>	<b>Step</b>	<b>Heidi</b>	<b>C</b>	
	9:30A-10:30A	Muscle Pump	Jeannie	C	
	10:30A-11:15A	SilverSneakers@ Circuit	Janice	F	
	10:30A-11:30A	ZUMBA@ Fitness	Janefer	C	
	5:00P-5:45P	Barre	Janice	C	
	5:45P-6:30P	PiYo@	Sandra	F	
	5:45P-6:30P	TurboKick™	Mary Anne	C	
	5:45P-6:30P	ZUMBA@ Fitness	Joel	Gym A	
	6:30P-7:30P	Muscle Pump	Jennifer W	C	
	7:30P-8:30P	FIERCE	Heidi	C	
	<b>TU</b>	5:00A-5:45A	Barre	Mary Anne	YWS
5:00A-5:45A		Bootcamp	Aaron	C/Gym	
6:00A-7:00A		Body Design	Whitney	C	
<b>9:00A-9:30A</b>		<b>Core</b>	<b>Janefer</b>	<b>C</b>	
9:30A-10:15A		TurboKick™	Janefer	C	
10:15A-11:15A		Body Design	Heidi	C	
10:30A-11:30A		SilverSneakers@ Classic	Royce	F	
5:00P-5:45P		Step	Natalie	C	
5:30P-6:30P		Bootcamp	Aaron	F	
5:45P-6:30P		Body Blitz	Jennifer W	C	
6:30P-7:30P		Y-Box	Sandra	C	
7:30P-8:30P		ZUMBA@ Fitness	Sarah	C	
<b>WE</b>		5:00A-5:45A	ZUMBA@ Fitness	Mary Anne	F
		5:00A-6:00A	Morning Mix!	Tammy	C
	8:30A-9:30A	Muscle Pump	Jeannie	C	
	9:30A-10:30A	Insanity	Heidi	C	
	9:30A-10:30A	PiYo@	Sandra	YWS	
	<b>10:00A-10:30A</b>	<b>Boomer Body Blitz</b>	<b>Marie</b>	<b>F</b>	
	<b>10:30A-11:00A</b>	<b>Morning Mix!</b>	<b>Hei-</b>	<b>C</b>	
	10:30A-11:15A	Barre	Janefer	YWS	
	10:30A-11:15A	Boomer Cardio Craze	Marie	F	
	4:45P-5:30P	FIERCE	Jennifer K	C	
	5:30P-6:15P	Beginner ZUMBA@ Fitness	Sarah	F	
	5:30P-6:30P	Muscle Pump	Jennifer K	C	
	6:30P-7:30P	Body Design	Heidi	C	
	7:30P-8:15P	Cardio Craze	Alexis	F	
<b>TH</b>	5:00A-6:00A	Muscle Pump	Janice	C	
	9:00A-9:45A	Y-Box	Sandra	C	
	9:45A-10:30A	Morning Mix!	Jeannie	C	
	10:00A-11:00A	Bootcamp	Matt	Gym	
	10:30A-11:30A	ZUMBA@ Fitness	Frederique	C	
	10:30A-11:30A	SilverSneakers@ Classic	Natalie	F	
	5:45P-6:30P	TurboKick™	Joel	C	
	6:30P-7:15P	Insanity	Tammy	C	
	7:30P-8:30P	ZUMBA@ Fitness	Hideki	C	

	Time	Class	Instructor	Room	
<b>FR</b>	5:00A-6:00A	Body Blitz	Heidi	C	
	5:15A-6:00A	Insanity	Dawn	F	
	8:30A-9:30A	Bootcamp	Summer	C	
	9:30A-10:30A	TurboKick™	Summer	F	
	9:30A-10:30A	ZUMBA@ Fitness	Janefer	C	
	<b>10:30A-11:00A</b>	<b>Core</b>	<b>Janefer</b>	<b>YWS</b>	
	10:30A-11:30A	Boomer Muscle Pump	Whitney	C	
	<b>SA</b>	7:00A-8:00A	FIERCE	Sandra/Jennifer W	C
		8:00A-8:45A	Barre	Mary Anne	YWS
		8:00A-9:00A	Beginner Bootcamp	Linda A	F
8:00A-9:00A		Muscle Pump	Jeannie	C	
9:00A-10:00A		TurboKick™	Tammy/Mary Anne	C	
10:00A-11:00A		Y-Box	Jeannie/Sandra	C	
<b>11:00A-11:30A</b>		<b>Step</b>	<b>Heidi/Dee</b>	<b>C</b>	
<b>11:30A-12:00P</b>		<b>Body Blitz</b>	<b>Heidi/Dee</b>	<b>C</b>	
<b>SU</b>		8:00A-9:00A	Insanity	Heidi	C
		1:00P-2:00P	Body Design	Staff Rotation	C
	2:00P-3:00P	ZUMBA@ Fitness	Joel/Sarah	C	

## MIND BODY

<b>MO</b>	8:30A-9:30A	Intermediate Yoga	Debbi	F
	9:30A-10:30A	Beginner Yoga	Janice	F
	11:30A-12:15P	SilverSneakers@ Yoga	Jeannie	F
	6:30P-7:15P	Pilates	Margie	F
	7:30P-8:30P	Beginner Yoga	Hideki	F
<b>TU</b>	5:00A-5:45A	Intermediate Yoga	Janice	F
	9:00A-10:00A	Power Yoga	Linda	F
	6:30P-7:30P	Intermediate Yoga	Fred	F
<b>WE</b>	8:30A-9:30A	Intermediate Yoga	Debbi	F
	6:30P-7:30P	Intermediate Yoga	Fred	F
<b>TH</b>	8:00A-8:45A	Gentle Yoga	Debbi	F
	9:00A-10:00A	Power Yoga	Linda	F
	6:30P-7:15P	Pilates	Margie	F
	7:30P-8:30P	Beginner Yoga	Ginger C	F
<b>FR</b>	8:30A-9:30A	Beginner Yoga	Valerie	F
	10:30A-11:15A	SilverSneakers@ Yoga	Janice	F
<b>SA</b>	9:00A-10:00A	Beginner Yoga	Linda A	F
	10:15A-11:15A	Intermediate Yoga	Janice	F
<b>SU</b>	12:00P-1:00P	Beginner Yoga	Linda A	F
	2:00P-3:00P	Intermediate Yoga	Hideki	F

