

SOUTH YMCA

Group Exercise Schedule—Land & Water

Effective 2/11/18 - 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.

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

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.

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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.

WATER EXERCISE

	Time	Class	Instructor	Room
MO	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	10:30A-11:15A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	6:00P-7:00P	Arthritis Water Exercise	Vicki	Family
TU	5:15A-6:00A	Hydro Box	Michelle G.	Family
	8:00A-8:45A	Working Down Under	Vicki	Lap
	9:00A-10:00A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	7:15P-8:00P	Aqua Zumba®	Melissa	Family
WE	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	6:00P-7:00P	Arthritis Water Exercise	Vicki	Family
TH	5:15A-6:00A	Water Tabata	Michelle G.	Family
	8:00A-8:45A	Deep Water Tabata	Vicki	Lap
	9:00A-10:00A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
FR	8:00A-8:45A	Water Tabata	Katie	Family
	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	10:30A-11:15A	Water Tabata	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
SA	12:00P-1:00P	Arthritis Water Exercise	Patsy	Family



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

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	5:00A-5:45A	TurboKick™	Angie	B
	9:30A-10:15A	Step	Rachael	B
	9:30A-10:30A	Boomer Bootcamp	Derek	Dance
	10:15A-10:45A	Stretch & Roll	Rachael	B
	4:45P-5:15P	Body Blitz	Susie	B
	5:15P-5:45P	CORE	Susie	B
	5:45P-6:45P	FIERCE	Susie	B
	6:45P-7:15P	Body Blitz	Melissa W	B
	7:15P-8:15P	ZUMBA® Fitness	Melissa W	B
TU	5:15A-6:00A	Bootcamp	Blake	B
	9:00A-10:00A	Body Design	Heidi	B
	9:30A-10:30A	SilverSneakers® Yoga	Janice	Dance
	10:00A-10:30A	CORE	Heidi	B
	10:30A-11:15A	SilverSneakers® Classic	Summer	Dance
	5:45P-6:45P	ZUMBA® Fitness	Joel	B
	6:45P-7:15P	Boomtcaamp	Joel	B
	7:15P-7:45P	Stretch & Roll	Jennifer	B
WE	5:00A-5:45A	Y-Box	Angie	B
	9:30A-10:15A	Muscle Pump	Whitney	B
	9:30A-10:00A	Boomer Body Blitz	Susie	Dance
	10:00A-10:30A	Boomer Cardio Craze	Susie	Dance
	5:45P-6:30P	Bootcamp	Y'Teva	B
	6:30P-7:30P	ZUMBA® Fitness	Todd	B
	7:30P-8:15P	Y-box	Oricel	B
TH	5:15A-6:00A	Bootcamp	Blake	B
	9:00A-9:45A	Bootcamp	Heidi	B
	9:30A-10:30A	SilverSneakers® Yoga	Janice	Dance
	9:45A-10:30A	Body Biltz	Heidi	B
	10:30A-11:15A	SilverSneakers® Classic	Susie	Dance
	4:45P-5:15P	Body Blitz	Susie	B
	5:15P-5:45P	Step	Susie	B
	5:45P-6:30P	Cardio CRAZE	Susie	B
	6:30P-7:15P	Y-Box	Oricel	B
	7:15P-8:15P	ZUMBA® Fitness	Angie	B

CARDIO & STRENGTH

	Time	Class	Instructor	Room
FR	5:00A-5:45A	Muscle Pump	Angie	B
	9:30A-10:15A	Fierce	Kimya	B
	9:30A-10:30A	Boomer Bootcamp	Blake	Dance
	10:15A-10:45A	Core	Kimya	B
	5:45P-6:45P	ZUMBA® Fitness	Joel	B
SA	9:15A-10:00A	PiYo®	Kourtney	B
	10:00A-11:00A	TurboKick™	Joel/Christi	B
	11:00A-12:00P	ZUMBA® Fitness	Melissa W	B
SU	12:00P-12:30P	Stretch & Roll	Jennifer	B
	12:30P-1:30P	Y-Box	Oricel	B
	1:30P-2:30P	Muscle Pump	Holly	B
	2:30P-3:30P	ZUMBA® Fitness	Amy	B

MIND BODY

	Time	Class	Instructor	Room
MO	6:30P-7:15P	Yoga	Dorothy	A
TU	9:00A-10:00A	Beginner Yoga	Valerie	A
WE	10:30A-11:30A	Yoga	Rebecca	Dance
	6:30P-7:30P	Pilates	Christine	A
TH	9:00A-10:00A	Beginner Yoga	Valerie	A
SA	8:00A-9:00A	Beginner Yoga	Dorothy	B
	10:15-11:00A	Yoga	Dorothy	A

