

Y GROUP EXERCISE

Greater Wichita YMCA | We build strong kids, strong families, strong communities. | www.ymcawichita.org

Central Branch YMCA
Group Exercise - Land Schedule
Revised Effective 8/1/10-12/31/10

All Classes on this schedule are included in YMCA membership!

NEW! EXPRESS SERIES CLASSES! Designed to give you a great workout in just thirty minutes! Look for these classes in **BOLD**!

NEW OR JUST RETURNING TO A FITNESS ROUTINE? Try one of the SHADED Healthseeker Classes! "Basics To" classes require pre-registration at Member Service Desk.

Time	Class	Instructor	Room
MONDAY			
5:30am-6:30am	Body Blitz	Deanna	St. A
11:00-11:45am	Muscle Pump	Amy S	St. A
11:45-12:30pm	Cycle	Amy S	St. B
11:45am-12:15pm	Core Express	Julie	St. A
12:15pm-12:45pm	Step Express	Julie	St. A
5:30-6:30pm	Ultimate Strength & Cardio	Christy	St. A
5:30-6:30pm	Yoga	Jescia	St. C
5:45-6:30pm	Cycle	Janice	St. B

TUESDAY			
5:30-6:30am	Cycle	Dana	St. B
9:00-10:00am	Silver Sneakers® MSROM	Royce	St. A
12:00-12:45pm	Body Design	Andrea	St. A
12:00-12:45pm	Yoga	Valerie	St. C
5:30-6:25pm	Y-Box	Christy	St. A
5:45-6:30pm	*Basics to Cycle	Don	St. B
<i>Basics classes start every month</i>			

WEDNESDAY			
5:30-6:30am	Muscle Pump	Julie	St. A
11:00-11:45am	Muscle Pump	Steph	St. A
11:45am-12:30pm	Cycle	Glenn	St. B
11:45am-12:15pm	Core Express	Laura	St. A
12:15-12:45pm	Step Express	Laura	St. A
12:00pm-12:45pm	Yoga	Valerie	St. C
5:30-6:30pm	Yoga	Valerie	St. C
5:30-6:30pm	Step	Deanna	St. A
6:00-6:45pm	Cycle	Brian	St. B

Time	Class	Instructor	Room
THURSDAY			
5:30-6:30am	Cycle	Dana	St. B
9:00-10:00am	Silver Sneakers® MSROM	Royce	St. A
12:00-12:45pm	Body Blitz	Andrea	St. A
12:00-12:45pm	Yoga	Valerie	St. C
5:30-6:30pm	Body Design	Brian	St. A
5:45-6:30pm	Cycle	Don	St. B
6:30-7:30pm	*Basics to Yoga	Anita	St. C
<i>Basics classes start every month</i>			

SATURDAY			
8:45-9:45am	Cardio Party	Christy	St. A
9:45-10:45am	Ultimate Strength & Cardio - Wks 1,3,5	Christy	St. A
9:45-10:45am	Muscle Pump - Wks 2,4	Christy	St. A
9:45-10:45am	Power Yoga	Gina	St. C

* This class requires pre-registration at the member service desk.



All classes are ongoing, and are open to members ages 13 and up... join in at any time! Classes are canceled when USD 259 cancels school due to inclement weather. Call first to ensure class will be held (838-9622). Classes may be canceled or times may change due to low attendance. Please refer to schedules regularly or check online information at www.ymcawichita.org for up-to-date information.