



Dennis Schoenebeck North YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIFT 30-UPPER Studio C					5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>		
Cycle 45 Studio E					5:15AM-6:00AM (Group Fitness) <i>Tina Y.</i>	9:30AM-10:15AM (Group Fitness) <i>Tabitha G.</i>	
FIERCE Studio C					5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>		
Water Works Family Pool					8:00AM-8:45AM (Group Fitness) <i>Dana F.</i>		
Deep Water Lap Pool					9:00AM-10:00AM (Group Fitness) <i>Dana F.</i>		
Barre Studio C					9:00AM-9:45AM (Group Fitness) <i>Katie P.</i>		
Boomer Body Blitz Studio C					9:45AM-10:30AM (Group Fitness) <i>Katie P.</i>		
Gentle Yoga Studio D					10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		12:30PM-1:30PM (Group Fitness) <i>Cristy P.</i>
Hydro HIIT Family Pool					11:00AM-11:45AM (Group Fitness) <i>Jana B.</i>		
Silver Sneakers® Stability Studio C					11:45AM-12:30PM (Group Fitness) <i>Gail B.</i>		
Yoga Studio D					12:00PM-1:00PM (Group Fitness) <i>Karma D.</i>	8:30AM-9:30AM (Group Fitness) <i>Susan P.</i>	
Muscle Pump Studio C					4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>	8:30AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	
Zumba® Fitness Studio C					6:00PM-7:00PM (Group Fitness) <i>Jess M.</i>	9:30AM-10:30AM (Group Fitness) <i>Alisha M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Loft						9:30AM-10:15AM (Group Fitness) <i>Zachary F.</i>	
Beginner Yoga Studio D						10:00AM-11:00AM (Group Fitness) <i>Cristy P.</i>	
Chair Yoga Studio C						11:45AM-12:45PM (Group Fitness) <i>Suresh M.</i>	
Water Tabata Family Pool						12:15PM-1:00PM (Group Fitness) <i>Holly W.</i>	
Sunrise Yoga Studio D							7:30AM-8:30AM (Group Fitness) <i>Karma D.</i>



Ken Shannon Northwest YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 60 Cycle					5:00AM-6:00AM (Group Fitness) <i>Andrea W.</i>	8:00AM-9:00AM (Group Fitness) <i>Janice S.</i>	
Muscle Pump Studio C					8:00AM-9:00AM (Group Fitness) <i>Sandra B.</i>	8:00AM-9:00AM (Group Fitness) <i>Jeannie S.</i>	
Boomer Water Works Family Pool					8:00AM-8:45AM (Group Fitness) <i>Judith W.</i>		
Beginner Yoga Studio F					8:30AM-9:30AM (Group Fitness) <i>Sarah W.</i>		12:00PM-1:00PM (Group Fitness) <i>Linda A.</i>
Cycle 45 Cycle					8:45AM-9:30AM (Group Fitness) <i>Megan O.</i>		
Zumba® Fitness Studio C					9:30AM-10:30AM (Group Fitness) <i>Jessy R.</i>	10:00AM-11:00AM (Group Fitness) <i>Sydney L.</i>	
Powerkick Studio F					9:30AM-10:15AM (Group Fitness) <i>Cam E.</i>		
Water Tabata Lap Pool					10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>	10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>	
Chair Yoga Studio C					10:30AM-11:30AM (Group Fitness) <i>Kimberly C.</i>		
Boomer Cardio Dance Studio F					10:30AM-11:15AM (Group Fitness) <i>Katelyn L.</i>		
Arthritis Water Exercise Family Pool					10:45AM-11:30AM (Group Fitness) <i>Rhonda S.</i>		
VIRTUAL-Pilates Studio F					12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
VIRTUAL-CORE Studio F					5:00PM-5:45PM (Group Fitness) <i>YMCA360 V.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 60 Studio F						8:00AM-9:00AM (Group Fitness) <i>Linda A.</i>	
Powerkick Studio C						9:00AM-10:00AM (Group Fitness) <i>Mary A.</i>	
Yoga Studio F						9:15AM-10:15AM (Group Fitness) <i>Janice S.</i>	2:00PM-3:00PM (Group Fitness) <i>Liz C.</i>
Flow Fusion Studio F							1:00PM-2:00PM (Group Fitness) <i>Hideki F.</i>



Richard A. Devore South YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Blitz Studio C					5:15AM-6:00AM (Group Fitness) <i>Valerie L.</i>		
Water Tabata Family Pool					8:15AM-9:00AM (Group Fitness) <i>Shelly D.</i> 10:30AM-11:15AM (Group Fitness) <i>Shelly D.</i>		
Arthritis Water Exercise Family Pool					9:00AM-10:00AM (Group Fitness) <i>Shelly D.</i> 11:30AM-12:30PM (Group Fitness) <i>Shelly D.</i>		
Zumba® Fitness Studio C					10:30AM-11:30AM (Group Fitness) <i>Rafaela R.</i>	11:00AM-12:00PM (Group Fitness) <i>Melissa W.</i>	
LIVESTREAM-Vinyasa Yoga Studio D					12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>		
LIVESTREAM-Bootcamp Studio D					5:30PM-6:15PM (Group Fitness) <i>YMCA360 V.</i>		
LIVESTREAM-CORE Studio D						9:00AM-10:00AM (Group Fitness) <i>Various</i>	
Bootcamp Personal Training Turf Area						10:00AM-11:00AM (Group Fitness) <i>Mitchell M.</i>	
LIVESTREAM-Yoga Studio D						12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>	
Aqua Zumba® Outdoor Pool							10:30AM-11:15AM (Group Fitness) <i>Melissa W.</i>
Muscle Pump Studio C							1:00PM-2:00PM (Group Fitness) <i>Holly W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIVESTREAM-Silver Circuit Studio D							2:00PM-2:45PM (Group Fitness) YMCA360 V.
CORE Studio C							2:00PM-2:30PM (Group Fitness) Holly W.



Newton YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Fitness Studio D					5:30AM-6:15AM (Group Fitness) <i>Cassie G.</i>		
Zumba® Fitness Studio A					8:30AM-9:30AM (Group Fitness) <i>Jamie B.</i>		
Water Tabata Family Pool					8:30AM-9:15AM (Group Fitness) <i>Karen J.</i>		
Barre Studio D					8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>		
Boomer Bootcamp Studio A					9:30AM-10:15AM (Group Fitness) <i>Katelyn W.</i>		
Personal Training InStudio B					12:30PM-1:00PM (Group Fitness) <i>Katelyn W.</i>		
Water Works Family Pool						8:15AM-9:00AM (Group Fitness) <i>Catherine W.</i>	
Flow Fusion Studio D						9:00AM-10:00AM (Group Fitness) <i>Laurel B.</i>	



East YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Circuit Studio C					5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>		
Upper Body Blitz Studio B					8:30AM-9:00AM (Group Fitness) <i>Julie M.</i>		
LIFT 30-LOWER Studio B					9:00AM-10:00AM (Group Fitness) <i>Julie M.</i>	9:20AM-9:40AM (Group Fitness) <i>Julie M.</i>	
Yoga Studio A					9:00AM-10:00AM (Group Fitness) <i>Cori P.</i>		10:30AM-11:30AM (Group Fitness) <i>Charyl D.</i>
Cycle 45 Studio C					9:15AM-10:00AM (Group Fitness) <i>Mindy G.</i>	8:30AM-8:50AM (Group Fitness) <i>Anne D.</i>	
Boomer Bootcamp Loft					10:00AM-10:45AM (Group Fitness) <i>Anne D.</i>		
Boomer Cardio Dance Studio B					10:00AM-10:30AM (Group Fitness) <i>Mary B.</i>		
SilverSneakers® Classic Studio B					10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		
Water Works Lap Pool						8:30AM-9:30AM (Group Fitness) <i>Angie R.</i>	
Body Design Studio B						8:55AM-9:15AM (Group Fitness) <i>Sasha K.</i>	
Flow Fusion Studio B						9:45AM-10:05AM (Group Fitness) <i>Cam E.</i>	
Yoga Studio B						10:10AM-10:30AM (Group Fitness) <i>Stephanie N.</i>	
Powerkick Studio B							8:30AM-9:15AM (Group Fitness) <i>Cam E.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Blitz Studio B							9:15AM-9:45AM (Group Fitness) <i>Cam E.</i>



Robert D. Love Downtown YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Muscle Pump Studio A					5:45AM-6:45AM (Group Fitness) <i>Frances E.</i> 6:30PM-7:30PM (Group Fitness) <i>Stephanie M.</i>	10:00AM-11:00AM (Group Fitness) <i>Monita M.</i>	11:30AM-12:30PM (Group Fitness) <i>Monita M.</i>
CORE Studio B					5:45AM-6:15AM (Group Fitness) <i>Jescia S.</i>		
Zumba® Fitness Studio A					9:15AM-10:00AM (Group Fitness) <i>Jessie S.</i> 5:30PM-6:30PM (Group Fitness) <i>Erica T.</i>	11:00AM-12:00PM (Group Fitness) <i>Virginia P.</i>	
SilverSneakers® Classic Studio B					10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>		
Water Works Family Pool					10:00AM-10:45AM (Group Fitness) <i>Jenny O.</i>	10:00AM-10:45AM (Group Fitness) <i>Margie B.</i>	
LIFT 30-LOWER Studio A					10:00AM-10:30AM (Group Fitness) <i>Jessie S.</i>		
Y Box Studio A					10:30AM-11:00AM (Group Fitness) <i>Jessie S.</i>	9:00AM-9:45AM (Group Fitness) <i>Monita M.</i>	
Gentle Yoga Studio B					11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>		
Flow Fusion Studio A					11:00AM-12:00PM (Group Fitness) <i>Heather J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Tabata Family Pool					12:00PM-12:45PM (Group Fitness) <i>Jenny O.</i> 5:30PM-6:15PM (Group Fitness) <i>Hideki F.</i>		
VIRTUAL-Cycle HIIT Studio C					12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
Bootcamp PT Area/ Queen Ax						8:00AM-9:00AM (Group Fitness) <i>Abby S.</i>	
Beginner Yoga Studio B						9:00AM-10:00AM (Group Fitness) <i>Ginger J.</i>	
Cycle 45 Studio C						9:00AM-9:45AM (Group Fitness) <i>Baylana M.</i>	1:30PM-2:15PM (Group Fitness) <i>Stephanie M.</i>
Riverside Yoga EXPLORATION PLACE Wichita Foundation Amphitheater						9:00AM-10:00AM (Group Fitness) <i>Liz C.</i>	
Yoga Studio B						10:00AM-11:00AM (Group Fitness) <i>Ginger J.</i>	
Cardio Dance Studio A							12:30PM-1:30PM (Group Fitness) <i>Monita M.</i>



West YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Gym East and West					7:30AM-8:30AM (Group Fitness) <i>Joyce U.</i>		
Cycle CORE Studio B					8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>		
Arthritis Water Exercise Family/Lap Pool					9:00AM-10:00AM (Group Fitness) <i>Sheila H.</i>		
Step Studio C					9:30AM-10:30AM (Group Fitness) <i>Kayla S.</i>	8:15AM-9:00AM (Group Fitness) <i>Sheila H.</i> 10:00AM-10:45AM (Group Fitness) <i>Kayla S.</i>	1:00PM-1:45PM (Group Fitness) <i>Kayla S.</i>
Pilates Studio B					10:00AM-11:00AM (Group Fitness) <i>Caroline P.</i>		
Body Blitz Studio C					10:30AM-11:15AM (Group Fitness) <i>Sheila H.</i>		
SilverSneakers® Circuit Studio A					11:30AM-12:30PM (Group Fitness) <i>Sherry H.</i> 12:30PM-1:30PM (Group Fitness) <i>Sherry H.</i>		
Muscle Pump Studio C					12:00PM-1:00PM (Group Fitness) <i>Dawn B.</i>		12:00PM-1:00PM (Group Fitness) <i>Tabitha G.</i>
Hydro HIIT Family/Lap Pool					12:00PM-12:45PM (Group Fitness) <i>Holly W.</i>		
Zumba® Fitness Studio A					5:30PM-6:30PM (Group Fitness) <i>Todd W.</i>		12:00PM-1:00PM (Group Fitness) <i>Todd W.</i>
Powerkick Studio A						7:15AM-8:00AM (Group Fitness) <i>Megan O.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Design Studio B						8:00AM-9:00AM (Group Fitness) <i>Heidi R.</i>	
Yoga Studio A						8:30AM-9:30AM (Group Fitness) <i>Maria S.</i>	1:15PM-2:15PM (Group Fitness) <i>Lauren M.</i>
Zumba® Fitness Studio C						9:00AM-10:00AM (Group Fitness) <i>Rafaela R.</i>	
Cycle Circuit Studio B						9:00AM-10:00AM (Group Fitness) <i>Heidi R.</i>	
Arthritis Water Exercise Family Pool						12:15PM-1:00PM (Group Fitness) <i>Rhonda S.</i>	
STRONG 30® Studio B							1:00PM-1:30PM (Group Fitness) <i>Todd W.</i>



Dr. Jim Farha Andover YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Muscle Pump Studio B					8:30AM-9:30AM (Group Fitness) <i>Rachel B.</i>		
Water Bootcamp Lap Pool					8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>		
Beginner Cardio Dance Studio A					8:30AM-9:15AM (Group Fitness) <i>Shana C.</i>		
Yoga Studio C					9:00AM-10:00AM (Group Fitness) <i>Eva W.</i>		12:00PM-1:00PM (Group Fitness) <i>Claire R.</i>
Cardio Dance Studio B					9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		
Step Studio A					9:30AM-10:15AM (Group Fitness) <i>Stephanie S.</i>		
Barre Fusion- Barre/Pilates Studio A					10:30AM-11:15AM (Group Fitness) <i>Kristen D.</i>		
Boomer Bootcamp LOFT					11:00AM-12:00PM (Group Fitness) <i>Amanda S.</i>		
Body Design Studio B						8:30AM-9:30AM (Group Fitness) <i>Mindy G.</i>	
Water Tabata Lap Pool						9:00AM-10:00AM (Group Fitness) <i>Jackie S.</i>	
Cycle 45 Cycle						9:15AM-10:00AM (Group Fitness) <i>Toni T.</i>	9:00AM-9:45AM (Group Fitness) <i>Tina Y.</i>
Zumba® Fitness Studio B						9:30AM-10:30AM (Group Fitness) <i>Sarah B.</i>	
Bootcamp LOFT							10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>



Steve Clark YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 45 Multipurpose_Room					8:30AM-9:15AM (Group Fitness) <i>Toni T.</i>	8:30AM-9:15AM (Group Fitness) <i>Frances E.</i>	
Muscle Pump Studio A					9:15AM-10:00AM (Group Fitness) <i>Kelley R.</i>		
Chair Yoga Studio B					10:00AM-10:45AM (Group Fitness) <i>Connie R.</i>		
Silver Sneakers® Stability Studio B					10:45AM-11:15AM (Group Fitness) <i>Connie R.</i>		
Beginner Yoga Studio B					12:00PM-1:00PM (Group Fitness) <i>Sarah W.</i>		9:00AM-9:45AM (Group Fitness) <i>Liz C.</i>
LIVESTREAM-Silver Circuit Multipurpose_Room					1:00PM-1:45PM (Group Fitness) <i>YMCA360 V.</i>		
Powerkick Studio A						8:30AM-9:10AM (Group Fitness) <i>Kelley R.</i>	
Zumba® Fitness Studio B						9:00AM-10:00AM (Group Fitness) <i>Melissa W.</i>	2:00PM-3:00PM (Group Fitness) <i>Sarah B.</i>
Flow Fusion Studio A						9:15AM-10:00AM (Group Fitness) <i>Kelley R.</i>	
VIRTUAL-Cycle Multipurpose_Room						12:00PM-12:45PM (Group Fitness) <i>Staff</i>	
VIRTUAL-Body Design Lobby						1:00PM-2:00PM (Group Fitness) <i>YMCA360 V.</i>	
VIRTUAL-Latin Dance Multipurpose_Room							11:00AM-12:00PM (Group Fitness) <i>staff</i>



El Dorado YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio B					9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>		
Cycle Circuit Studio A					9:00AM-9:45AM (Group Fitness) <i>April J.</i>		
Water Bootcamp Lap Pool					10:00AM-11:00AM (Group Fitness) <i>April J.</i>		
LIFT 30-LOWER Studio B					10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i> 6:00PM-6:30PM (Group Fitness) <i>Dakota C.</i>		
Cardio Dance Studio B					10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i> 6:30PM-7:00PM (Group Fitness) <i>Dakota C.</i>		
VIRTUAL-Beginner Yoga Gym 1						9:00AM-9:30AM (Group Fitness) <i>YMCA360</i>	
Water Tabata Lap Pool						10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>	
Bootcamp Gym 1						12:00PM-1:00PM (Group Fitness) <i>Dakota C.</i>	



Hutchinson YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Works Lap Pool					9:00AM-10:00AM (Group Fitness) <i>Joni A.</i>		
Water Works Family Pool					9:00AM-10:00AM (Group Fitness) <i>Vickie W.</i>	9:00AM-10:00AM (Group Fitness) <i>Joni A.</i>	
SilverSneakers® Classic Studio A					9:45AM-10:30AM (Group Fitness) <i>Teresa W.</i>		
Cycle 30 Studio C					12:15PM-12:45PM (Group Fitness) <i>Eddie A.</i>		
Muscle Pump Studio A						8:15AM-9:15AM (Group Fitness) <i>Justin B.</i>	
Bootcamp Studio A						10:00AM-11:00AM (Group Fitness) <i>Amanda R.</i>	