



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVING FOR YOU

In our commitment to giving you the best possible experience at the Y, annual maintenance is required in key program areas.

Thank you for your patience as we refinish several of our floors. Sorry for the mild odor. The non-toxic finish is fast drying to get you back to regular activities as soon as possible.

TEMPORARY GROUP EXERCISE SCHEDULE 8/20—8/23

Important Details:

- Cycle classes—NO CHANGES to schedule
- Kid Zone—NO CHANGES to schedule
- If your regular class is canceled, try a new class or enjoy the wellness center. Ask one of our Fitness Floor Associates to show you around and get you started.
- **Regular classes resume Friday, August 24**
- Download the YMCA app to view class and pool availability at all other Greater Wichita YMCA locations. You get in free with your Newton membership.
- LIKE us at facebook.com/ymanewton for Improvement Week progress updates.

Monday August 20th	Tuesday, August 21st	Wednesday, August 22nd	Thursday, August 23rd
9:30-10:30a Fierce (Studio A)	9:30-10:15a Body Design (Turf)	9:30-10:30a Bootcamp (Turf)	5:30-6:30p PIYO (Turf)
5:30-6:30p Muscle Pump (Turf)	5:45-6:45p Yoga (Turf)	5:30-6:30p Fierce (Turf)	6:30-7:15p Zumba (Turf)
6:30-7:15p Bootcamp (Turf)		6:30-7:15p Zumba (Turf)	
Monday August 20th	Tuesday, August 21st	Wednesday, August 22nd	Thursday, August 23rd
SPACE IS LIMITED ARRIVE EARLY	SPACE IS LIMITED ARRIVE EARLY	SPACE IS LIMITED ARRIVE EARLY	SPACE IS LIMITED ARRIVE EARLY
5:30-6:30a YBOX (Studio B)	5:30-6:00a Bootcamp (Studio B)	5:30-6:15a Muscle Pump (Studio B)	5:15-5:45a Bootcamp (Studio B)
8:30-9:15a Zumba (Studio B)	8:30-9:15a Zumba (Studio B)	8:30-9:30a Yoga (Studio B)	5:45-6:30a YBOX (Studio B)
9:30-10:30a SilverSneakers (Studio B)	9:30-10:30a Yoga (Studio B)	9:30-10:30a SilverSneakers (Studio B)	8:30-9:15a Zumba (Studio B)
10:30-11:15a BoomerBootcamp (Studio B)	5:30-6:30p Muscle Pump (Studio B)	10:30-11:30a Chair Yoga (Studio B)	9:30-10:15a Fierce (Studio B)
4:30-5:30p PIYO (Studio B)	6:30-7:15p Zumba (Studio B)	4:30-5:30p PIYO (Studio B)	5:45-6:45p Yoga (Studio B)
5:30-6:30p Yoga (Studio B)	7:15p-8:00p YBOX (Studio B)	5:30-6:30p Intermediate Yoga (Studio B)	7:30-8:00p Bootcamp (Studio B)
6:30-7:15p Zumba (Studio B)		6:30-7:30p Gentle Yoga (Studio B)	