

# SOUTH YMCA

## Group Exercise Schedule—Land & Water

Effective 9/4/18– 12/31/18

### 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 - 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.

#### NEW! STRETCH AND ROLL

Improve your flexibility, muscle function and balance. This 30 min class using a foam roller is recommended for all ages who are active. Optimize your recovery before or after workouts with this class!

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.

**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

## WATER EXERCISE

	Time	Class	Instructor	Room
MO	5:15A-6:00A	Hydrobox	Michelle	Family
	8:15A-9:00A	Water Tabata	Kaitlyn	Family
	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	Water Tabata	Michelle	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	5:15A-6:00A	Hydrobox	Michelle	Family
	8:15A-9:00A	Water Tabata	Kaitlyn	Family
	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	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
	7:15P-8:00P	Aqua Zumba®	Amy	Family
FR	8:15A-9:00A	Water Tabata	Kaitlyn	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



## CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	5:15A-6:00A	TurboKick®	Angie	C
	9:30A-10:15A	Step	Rachael	C
	9:30A-10:10A	Boomer Bootcamp	John/Grover	Dance
	10:15-10:45A	Stretch & Roll	Rachael	C
	1:00P-1:45P	Muscle Pump	B'Aylana	C
	4:45P-5:15P	Body Blitz	Susie	C
	5:15P-5:45P	CORE	Susie	C
	5:45P-6:30P	FIERCE	Susie	C
	6:30P-7:00P	Beginner ZUMBA® Fitness	Melissa W.	C
	7:00P-8:00P	ZUMBA® Fitness	Melissa W.	C
TU	5:15A-6:00A	PiYo™	Angie	C
	5:15A-6:00A	Bootcamp	Blake	D
	9:00A-10:00A	Body Design	Heidi	C
	9:30A-10:30A	Chair Yoga	B'Aylana	Dance
	10:00A-10:30A	CORE	Heidi	C
	10:30A-11:15A	SilverSneakers® Classic	Summer	Dance
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	4:45P-5:45P	Body Design	B'Aylana	C
	5:45P-6:45P	ZUMBA® Fitness	Joel	C
	6:45P-7:15P	Bootcamp	Joel	C
	7:00P-7:30P	Stretch & Roll	Jennifer	D
WE	5:15A-6:00A	TurboKick®	Angie	C
	9:30A-10:30A	Muscle Pump	B'Aylana	C
	9:30A-10:00A	Boomer Body Blitz	Susie	Dance
	10:00A-10:30A	Boomer Cardio Craze	Susie	Dance
	1:00P-1:45P	Muscle Pump	B'Aylana	C
	4:45P-5:45P	TurboKick®	Christi	C
	5:45P-6:30P	Bootcamp	Y'Teva	C
	6:30P-7:30P	ZUMBA® Fitness	Todd	C
	7:30P-8:30P	Muscle Pump	Valerie Lack	C

## CARDIO & STRENGTH

	Time	Class	Instructor	Room
TH	5:15A-6:00P	Bootcamp	Blake	D
	5:15A-6:00P	PiYo™	Angie	C
	9:00A-9:45A	Bootcamp	Heidi	C
	9:30A-10:30A	SilverSneakers® Yoga	Janice	Dance
	9:45A-10:30A	Body Blitz	Heidi	C
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	10:30A-11:15A	SilverSneakers® Classic	Susie	Dance
	4:45P-5:15P	Body Blitz	Susie	C
	5:15P-6:00P	Step	Susie	C
	6:00P-6:30P	Cardio CRAZE	Susie	C
	6:30P-7:30P	ZUMBA® Fitness	Angie	C
FR	5:15A-6:00A	TurboKick®	Angie	C
	9:30A-10:00A	Body Design	B'Aylana	C
	10:00A-10:30A	Streth & Roll	B'Aylana	C
	9:30A-10:30A	Boomer Bootcamp	Blake	Dance
	5:45P-6:45P	ZUMBA® Fitness	Joel	C
SA	9:00A-9:30A	ZUMBA® Fitness	Kourtney	C
	9:30A-10:00A	PiYo™	Kourtney	C
	9:30A-10:30A	Boomer Bootcamp	Grover/John	B
	10:00A-11:00A	TurboKick®	Joel/Christi	C
	11:00A-12:00A	ZUMBA® Fitness	Melissa Wi	C
SU	1:30P-2:30P	Muscle Pump	Holly	C
	2:30P-3:30P	Beginner ZUMBA® Fitness	Amy	C

## MIND & BODY

	Time	Class	Instructor	Room
MO	6:30PM-7:30P	Beginner Yoga	Dorothy	B
TU	9:00A-10:00A	Beginner Yoga	Valerie Lilich	B
	6:30P-7:30P	Intermediate Yoga	Lynette	B
WE	6:30P-7:30P	Pilates	Christine	B
TH	9:00A-10:00A	Beginner Yoga	Valerie Lilich	B
	6:30P-7:30P	Power Yoga	Kinsey	B
SA	8:00A-9:00A	Beginner Yoga	Dorothy	B
SU	3:30P-4:30P	Beginner Yoga	Lynette	B

