

ANDOVER YMCA

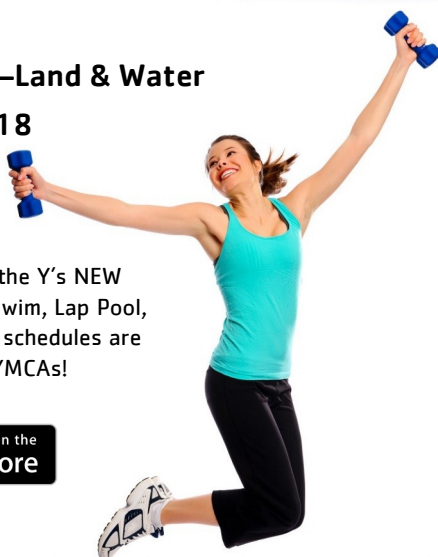
Group Exercise Schedule—Land & Water

Effective 8/13/18—9/2/18

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.

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!

FUN IN THE SUN - OUTDOOR EXERCISE

Water classes, Water Walk (Must be 13 years old to participate), Wave Running, Water Bootcamp, and Yoga. Try your favorite group exercise classes in any of our 4 outdoor waterparks! Waterpark classes may change due to temperatures and inclement weather. In any water class the height of a child/teenager must be appropriate for safe participation in a class. More info & schedules can be found at ymcawichita.org/waterparks.

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.

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.

BOGAFIT - Full body workout that is done on the water using an unstable floating mat. It improves balance, strengthens core, builds lean muscle. Group training fee applies. Available at Andover, Northwest & Downtown YMCAs.

WATER EXERCISE

	Time	Class	Instructor	Room
MO	11:15A-12:15P	Arthritis Water Exercise	Anna	Family
	11:30A-12:15P	Water Walk	Theresa	River
	7:00P-7:45P	Water Walk	Jackie	River
TU	11:15A-12:15P	Arthritis Water Exercise	Anna	Family
	11:30A-12:15P	Water Walk	Jackie	River
	7:00P-7:45P	Water Walk	Jackie	River
WE	11:30A-12:15P	Water Walk	Brandi	River
TH	11:30A-12:15P	Water Walk	Jackie	River
	7:00P-7:45P	Water Walk	Jackie	River
FR	11:30A-12:15P	Water Walk	Brandi	River
SA	7:30A-8:30A	Intermediate Yoga	Lisa	Pool Deck
	11:30A-12:15P	Water Walk	Jackie	River
SU	11:30A-12:15P	Water Walk	Jackie	River

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

Updated 7/3/18



MIND BODY

	Time	Class	Instructor	Room
MO	8:45A-9:45A	Intermediate Yoga	Pam	C
	10:00A-11:00A	SilverSneakers® Yoga	Emily	C
	11:00A-12:00P	Tai Chi for Health	Dave	C
	4:30P-5:30P	Intermediate Yoga	Gay	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
TU	9:00A-10:00A	Intermediate Yoga	Staff	C
	9:45A-10:45A	Pilates	Kay	A
	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:30P-6:30P	Intermediate Yoga	Lisa	C
	6:30P-7:30P	Gentle Yoga	Lisa	C
WE	8:45A-9:45A	Pilates	Emily	C
	10:00A-11:00A	SilverSneakers® Yoga	Emily	C
	11:00A-12:00P	Tai Chi for Health	Dave	C
	6:30P-7:30P	Intermediate Yoga	Karen	C
TH	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
FR	7:30A-8:30A	Intermediate Yoga	Lisa	C
	8:30A-9:30A	Gentle Yoga	Lisa	C
	9:30A-10:30A	SilverSneakers® Yoga	Lisa	C
SA	7:30A-8:30A	Intermediate Yoga	Lisa	Pool Deck
	8:45A-9:45A	Gentle Yoga	Lisa	C
	9:45A-10:30A	Beginner Yoga	Lisa	C
SU	No Classes			

CYCLE

	Time	Class	Instructor	Room
MO	8:30A-9:00A	Cycle Express	Kristen	Cycle
	9:00A-9:30A	Cycle HIIT	Kristen	Cycle
	5:45P-6:30P	Cycle	Julie	Cycle
TU	5:15A-6:00A	Cycle	Kristen	Cycle
	8:30A-9:15A	Cycle	Brenda	Cycle
	5:45P-6:45P	Extreme Ride	Valerie	Cycle
WE	5:15A-6:15A	Cycle	Mark	Cycle
	8:30A-9:15A	Cycle	Brenda	Cycle
	5:45P-6:30P	Cycle	Angie D.	Cycle
TH	8:30A-9:15A	Cycle	Brenda	Cycle
	5:45P-6:30P	Cycle	Angie D.	Cycle
FR	5:15A-5:45A	Cycle Express	Angie B./Mark	Cycle
	5:45A-6:15A	Cycle HIIT	Angie B./Mark	Cycle
	8:30A-9:15A	Cycle	Stephanie B.	Cycle
SA	No classes			
SU	9:15A-10:00A	Cycle	Tina Y.	Cycle

Updated 7/31/18

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	5:15A-6:15A	Bootcamp	Valerie	B
	8:30A-9:30A	Body Blitz	Heidi	B
	9:30A-10:00A	Stretch & Roll	Heidi	A
	9:30A-10:30A	ZUMBA® Fitness	Tiffany	B
	10:00A-10:45A	Barre	Kristen	A
	4:30P-5:30P	Muscle Pump	Brenda	B
	5:30P-6:15P	TurboKick™	Rosa	B
	6:15P-7:00P	PiYo®	Rosa	B
	7:00P-8:00P	ZUMBA® Fitness	Charis	B
TU	8:30A-9:00A	TurboKick™	Stephanie B.	B
	9:00A-9:30A	CORE	Stephanie B.	B
	9:00A-9:30A	Stretch & Roll	Kay	A
	9:30A-10:30A	Body Design	Mindy	B
	10:00A-10:45A	SilverSneakers® Classic	Jackie	C
	10:30A-11:30A	ZUMBA® Fitness	Crystal	B
	4:30P-5:30P	TurboKick™	Renee	B
	5:30P-6:30P	Muscle Pump	Kay	B
	6:30P-7:30P	ZUMBA® Fitness	Charis	B
WE	8:30A-9:30A	Body Design	Stephanie S.	B
	9:30A-10:00A	CORE	Stephanie S.	B
	10:00A-11:00A	Boomer Barre	Kay	A
	11:00A-11:30A	Stretch & Roll	Kay	A
	4:30P-5:30P	Body Blitz	Renee	B
	5:30P-6:30P	Body Design	Jenni	B
	6:30P-7:15P	Step	Matt	B
TH	8:30A-9:00A	Step	Stephanie B.	B
	9:00A-9:30A	CORE	Stephanie B.	B
	9:00A-10:00A	Bootcamp	Jenni	Loft
	9:00A-10:00A	PiYo®	Sherrie	C
	9:30A-10:30A	Muscle Pump	Brenda	B
	10:00A-10:45A	SilverSneakers® Circuit	Jackie	C
	10:30A-11:30A	ZUMBA® Fitness	Crystal	B
	4:30P-5:30P	ZUMBA® Fitness	Darlene	B
	5:30P-6:15P	PiYo®	Christine B.	B
	6:15P-6:45P	TurboKick™	Christine B.	B
	6:45P-7:45P	Muscle Pump	Michael	B
FR	8:30A-9:30A	Muscle Pump	Valerie	B
	9:30A-10:00A	CORE	Valerie	B
	10:00A-10:45A	Step	Valerie	B
SA	8:00A-9:00A	ZUMBA® Fitness	Darlene	B
	9:00A-10:00A	FIERCE	Jenni	B
	10:00A-11:00A	Body Design	Mindy	B
	10:30A-11:30A	ZUMBA® Fitness	Ching	C
SU	9:15A-10:00A	PiYo®	Christine B.	B
	10:15A-11:00A	Body Blitz	Tina Y.	B
	12:15P-1:15P	Advanced Bootcamp	Jenni	Loft/PT Area
	2:00P-3:00P	ZUMBA® Fitness	Ching	B