

# NORTH 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](http://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.

**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.

**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	Pool
<b>MO</b>	5:30A-6:15A	Water Works	Jamee	Family
	8:00A-8:45A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers Splash	Dana	Family
	10:00A-11:00A	Aqua Body Design (Deep)	Dana	Lap
	12:00P-1:00P	Aqua Body Design	Beverly	Family
<b>TU</b>	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	12:00P-1:00P	Water Bootcamp	Cheryl	Family
	7:15P-8:00P	Water Tabata	Beverly	Family
<b>WE</b>	5:30A-6:15A	Aqua Zumba®	Melissa	Family
	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Silver Sneakers® Splash	Dana	Family
	10:00A-11:00A	Deep Water	Dana	Lap
	12:00P-1:00P	Water Works	Theresa	Family
<b>TH</b>	8:00A-9:00A	Aqua Body Design	Beverly	Family
	9:00A-10:00A	Arthritis Water Exercise	Beverly	Family
	12:00P-1:00P	Water Tabata	Theresa	Family
	7:15P-8:00P	Water Tabata	Cheryl	Family
<b>FR</b>	5:30A-6:15A	Water Tabata	Jamee	Family
	8:00A-9:00A	Water Tabata	Christine	Family
	9:00A-10:00A	Arthritis Water Exercise	Cheryl	Family
	10:00A-11:00A	Deep Water	Cheryl	Lap
	12:00P-1:00P	Water Works	Cheryl	Family
<b>SA</b>	12:00P-1:00P	Water Tabata	Pam	Family
<b>SU</b>	12:30P-1:15P	Water Tabata	Pam	Family



## CYCLE

<b>MO</b>	<b>5:15A-5:45A</b>	<b>Cycle</b>	<b>Angie B.</b>	<b>Loft</b>
	<b>5:45A-6:15A</b>	<b>Cycle HIIT</b>	<b>Angie B.</b>	<b>Loft</b>
	9:00A-10:00A	Cycle	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
<b>TU</b>	5:15A-6:00A	Cycle	Angie B.	Loft
	5:30P-6:15P	Cycle	Jana	Loft
<b>WE</b>	5:15A-6:00A	Cycle	Angie B.	Loft
	9:00A-10:00A	Cycle	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
<b>TH</b>	5:30P-6:15P	Cycle	Melinda	Loft
<b>FR</b>	5:15A-6:00A	Cycle	Christine	Loft
	5:30P-6:15P	Cycle	Pam	Loft
<b>SA</b>	8:30A-9:15A	Cycle	Staff	Loft
<b>SU</b>	2:30P-3:15P	Cycle	Pam	Loft

Updated 8/30/18



## CARDIO & STRENGTH

	Time	Class	Instructor	Room
<b>MO</b>	5:15A-5:45A	Body Blitz	Bernadette	C
	5:45A-6:15A	CORE	Bernadette	C
	9:30A-10:30A	Body Design	Shalen	C
	10:30A-11:30A	SilverSneakers® Classis	Melissa	C
	11:30A-12:15P	ZUMBA® Fitness	Maryanne	C
	11:30A-12:15P	Bootcamp	Rachael	Queenax
	4:30P-5:30P	Body Blitz	Vicki	C
	5:30P-6:30P	Body Design	Jenni	C
6:30P-7:30P	Muscle Pump	Pam	C	
<b>TU</b>	5:15A-6:15A	TurboKick™	Kelley	C
	8:30A-9:30A	Muscle Pump	Kelley	C
	9:30A-10:30A	Boomer Bootcamp	Cheryl	Loft
	9:30A-10:30A	Insanity®	Kelley	C
	10:30A-11:30A	SilverSneakers® Circuit	Bev/Dana	C
	11:30A-12:15P	Body Blitz	Christal	C
	4:30P-5:30P	Body Design	Jenni	C
	5:30P-6:30P	Bootcamp	Rachael	Queenax
	5:30P-6:15P	TurboKick™	Christine	C
	6:15P-7:00P	PiYo®	Christine	C
7:00P-7:45P	ZUMBA® Fitness	Pam	C	
<b>WE</b>	5:15A-6:15A	Muscle Pump	Bernadette	C
	8:30A-9:30A	ZUMBA® Fitness	Cora	C
	10:30A-11:30A	Boomer Bootcamp	Rachael	C
	11:30A-12:15P	TurboKick™	Maribeth	C
	4:30P-5:30P	Muscle Pump	Pam	C
	5:30P-6:30P	Step Circuit	Staff	C
	7:00P-8:00P	TurboKick™	Melinda	C
<b>TH</b>	5:15A-6:00A	FIERCE	Jamee	C
	5:15A-6:15A	Bootcamp	Kelley	Gym A
	8:30A-9:30A	Body Blitz	Janafer	C
	9:30A-10:30A	Boomer Bootcamp	Erin	Loft
	9:30A-10:30A	ZUMBA® Fitness	Janafer	C
	11:30A-12:15P	Body Blitz	Maryanne	C
	12:30P-1:00P	Bootcamp	Rachael	Loft
	4:30P-5:15P	Step	Napoleon	C
	5:15P-6:00P	Body Blitz	Napoleon	C
	6:00P-6:45P	Muscle Pump	Pam	C
	7:00P-7:45P	Barre	Pam	C



## CARDIO & STRENGTH

	Time	Class	Instructor	Room
<b>FR</b>	5:15A-6:15A	PiYo®	Kelley	C
	8:30A-9:30A	TurboKick™	Maribeth	C
	9:30A-10:30A	Muscle Pump	Maribeth	C
	10:30A-11:30A	SilverSneakers® Classic	Angela C.	C
	11:30A-12:15P	FIERCE	Jenni	C
4:30P-5:15P	ZUMBA® Fitness	Holly	C	
<b>SA</b>	8:30A-9:30A	ZUMBA® Fitness	Brynden	C
	9:30A-10:00A	CORE	Brynden	C
	9:30A-10:30A	Bootcamp	Rachel	Queenax
	10:00A-11:00A	TurboKick™	Melinda/Staff	C
	11:00A-11:45A	Muscle Pump	Vi	C
	<b>SU</b>	12:30P-1:30P	Muscle Pump	Michael
1:30P-2:30P		Barre	Pam	C
2:30P-3:15P		Step	Bernadette	C
3:15P-4:00P		ZUMBA® Fitness (FAMILY)	Brynden	C
4:00P-4:30P		CORE	Staff	D



## MIND BODY

<b>MO</b>	12:15P-1:00P	Intermediate Yoga	Linda	D
	5:30P-6:15P	Pilates	Stephanie W.	D
	7:30P-8:30P	Beginner Yoga	Ginger	D
<b>TU</b>	12:15P-1:00P	Intermediate Yoga	Marty	D
	5:30P-6:30P	Intermediate Yoga	Linda	D
	6:45P-7:45P	Gentle Yoga	Dorothy	D
<b>WE</b>	9:30A-10:30A	Tai Chi for Health	David	D
	12:15P-1:00P	Intermediate Yoga	Linda	D
	6:30P-7:30P	Intermediate Yoga	Linda	D
<b>TH</b>	9:30A-10:30A	Intermediate Yoga	Meredith	D
	10:30A-11:30A	Chair Yoga	Shalako	C
	12:15P-1:00P	Pilates	Stephanie W.	D
	5:30P-6:30P	Intermediate Yoga	Marty	D
	6:45P-7:45P	Beginner Yoga	Judy	D
<b>FR</b>	12:15P-1:00P	Intermediate Yoga	Linda	D
	6:00P-7:00P	Intermediate Yoga	Meredith	D
<b>SA</b>	9:00A-10:00A	Intermediate Yoga	Kinsey	D
	10:15A-11:15A	Beginner Yoga	Dorothy	D
<b>SU</b>	11:00A-11:45A	Pilates	Stephanie W.	D
	12:00P-1:00P	Intermediate Yoga	Linda	D