

WEST 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.

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.

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	8:15A-9:00A	Water Tabata	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Boomer Water Works	Theresa	Family
	5:45P-6:30P	Arthritis Water Exercise	Rhonda	Family
TU	9:30-10:15A	Water Bootcamp	Sasha	Family/Lap
WE	8:15A-9:00A	Water Works	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	11:00A-12:00P	Boomer Water Works	Sasha	Family
	5:45P-6:30P	Arthritis Water Exercise	Janice	Family
	6:30P-7:15P	Water Tabata	Janice	Family
TH	9:00A-10:00A	Water Tabata	Summer	Family/Lap
FR	8:15A-9:00A	Silver Sneakers Splash®	Vicki	Family
	9:00A-10:00A	Arthritis Water Exercise	Vicki	Family
	12:00P-1:00P	Arthritis Water Exercise	Staff	Family
SA	12:15P-1:00P	Arthritis Water Exercise	Rhonda	Family



MIND BODY

MO	8:15A-9:15A	Intermediate Yoga	Staff	Studio A
	5:00-6:00P	Intermediate Yoga	Hideki	Studio A
	7:00P-8:00P	Intermediate Yoga	Lauren	Studio C
TU	10:00A-11:00A	Pilates	LeeAnn	Studio A
	11:00A-12:00P	Chair Yoga	Janice	Studio A
	12:00P-1:00P	Tai Chi	David	Studio A
	5:15P-6:15P	Beginner Yoga	Leland	Studio A
WE	8:30A-9:30A	Intermediate Yoga	Janice	Studio A
TH	10:00A-11:00A	Pilates	Maury	Studio A
	11:30A-12:30P	Chair Yoga	Collette	Studio A
	5:15P-6:15P	Beginner Yoga	Janice	Studio A
SA	8:30A-9:30A	Intermediate Yoga	Leland	Studio A
SU	1:15P-2:15P	Intermediate Yoga	Janice/Leland	Studio A

Bolded classes are Express Series classes designed to give you a great workout in just 30 minutes.



CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	9:00A-10:00A	TurboKick™	Summer	Studio C
	9:30A-10:30A	PiYo®	Whitney	Studio A
	10:00A-11:00A	Muscle Pump	Stacey	Studio C
	10:30A-11:30A	SilverSneakers® Classic	Joyce	Studio A
	11:30A-12:30P	SilverSneakers® Classic	Joyce	Studio A
	12:00P-1:00P	Muscle Pump	Jackie	Studio C
	6:00P-7:00P	Step	Dee	Studio C
	6:30P-7:00P	Beginner ZUMBA® Fitness	Sarah B	Studio A
	7:00P-8:00P	ZUMBA® Fitness	Sarah B	Studio A
TU	5:00A-6:00A	Body Blitz	Dawn	Studio C
	8:30A-9:00A	Boomer Cardio CRAZE	Natalie	Studio C
	8:30A-9:30A	Barre	Sasha	Studio A
	9:00A-10:00A	Boomer Muscle Pump	Janice	Studio C
	9:30A-10:00A	Stretch & Roll	LeeAnn	Studio A
	9:30A-10:30A	ZUMBA® Fitness	Frederique	Studio B
	10:00A-10:45A	Step	Jackie	Studio C
	4:45P-5:30P	Y-Box	Christin	Studio C
	5:45P-6:45P	Muscle Pump	Stacey	Studio C
	6:45P-7:45P	ZUMBA® Fitness	Jonie	Studio C
WE	8:30A-9:00A	Cardio CRAZE	Natalie	Studio C
	9:00A-9:30A	Body Blitz	Natalie	Studio C
	9:30A-10:30A	Y-Box	Kristin W	Studio C
	10:00A-10:45A	ZUMBA® Fitness	Kourtney	Studio B
	9:30A-10:00A	Stretch & Roll	Janice	Studio A
	10:00A-11:00A	SilverSneakers® Classic	Summer	Studio A
	11:00A-12:00P	SilverSneakers® Classic	Summer	Studio A
	12:00P-12:45P	TurboKick™	Whitney	Studio A
	12:00P-1:00P	Muscle Pump	Stacey	Studio C
	4:30P-5:30P	Body Design	Natalie	Studio B
	5:30P-6:30P	TurboKick™	Joel	Studio C
	6:30P-7:00P	CORE	Joel	Studio C
	6:30P-7:30P	Beginner Bootcamp	Joyce	Studio B
	7:00P-8:00P	ZUMBA® Fitness	Sarah B	Studio A



CARDIO & STRENGTH

	Time	Class	Instructor	Room
TH	5:00A-6:00A	Muscle Pump	Tralaine	Studio C
	6:00A-6:45A	TurboKick™	Summer	Studio A
	8:30A-9:00A	Cardio Craze	Natalie	Studio C
	9:00A-10:00A	Muscle Pump	Jenny	Studio C
	9:00A-9:45A	FIERCE	Maury	Studio B
	9:00A-10:00A	ZUMBA® Fitness	Jonie	Studio A
	10:00A-11:00A	Boomer Bootcamp	Joyce	Studio B
	10:00A-11:00A	PiYo®	Kristin W	Studio C
	5:45P-6:45P	Muscle Pump	Angie	Studio C
	6:30P-7:30P	ZUMBA® Fitness	Melissa	Studio A
FR	8:30A-9:30A	Bootcamp	Joyce	Gym
	9:30A-10:15A	Step	Kristin W	Studio C
	10:15A-10:45A	Stretch & Roll	LeeAnn	Studio A
	10:15A-11:00A	BodyBlitz	Jackie	Studio C
	11:30A-12:30P	SilverSneakers® Circuit	Collette	Studio A
	12:00P-1:00P	Muscle Pump	Sarah W	Studio C
	5:30P-6:30P	ZUMBA® Fitness	Todd	Studio A
SA	8:00A-9:00A	Body Design	Heidi	Studio B
	8:30A-9:15A	Muscle Pump	Christin	Studio C
	9:30A-10:30A	Step	Emily	Studio C
	9:45A-10:45A	ZUMBA® Fitness	Jonie	Studio A
SU	12:00P-1:00P	Muscle Pump	Tammy	Studio C
	12:00P-1:00P	ZUMBA® Fitness	Todd	Studio A

CYCLE

	Time	Class	Instructor	Room
MO	9:00A-10:00A	Extreme Ride	Stacey	Studio B
TU	9:00A-9:30A	Cycle Express	Maury	Studio B
WE	9:00A-10:00A	Cycle	Julie	Studio B
	5:30P-6:15P	Cycle	Stacey	Studio B
FR	9:00A-9:45A	Cycle	Maury	Studio B