

# DR JIM FARHA ANDOVER YMCA

## Group Exercise Schedule—Land & Water

Effective 9/3/19—12/31/19

### SPECIALTY OPTIONS - LOOK FOR THESE!

The YMCA is dedicated to offering classes that meet your needs and enhance your experience. These options are provided to accommodate your fitness level, busy schedule, and competitive side!

**FITNESS ON DEMAND (FOD):** Life happens and sometimes life means you miss your favorite class. That's why we are offering you Fitness On Demand. Choose from hundreds of premium virtual fitness classes available at the touch of a button.

**HEART RATE:** Track your fitness goals in real time while seeing if you measure up to other classmates. With live leaderboards you can see how you're improving and push yourself a little farther. View your heart rate, calories burned, and effort points and see how you stack up to the person beside you. Pre registration is required.

**JOIN ANYTIME!** All classes on this schedule are ongoing, for ages 13+, 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.

**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. No sign up necessary. Schedules 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.

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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.

## WATER EXERCISE

	Time	Class	Instructor	Room
MO	8:30A-9:30A	Aqua Body Design	Jackie	Lap
	11:15A-12:00P	Water Works	Jackie	Family
TU	8:30A-9:30A	Deep Water	Jackie	Lap
	11:15A-12:00P	Arthritis Water Exercise	Theresa	Family
WE	8:30A-9:30A	Water Works	Jackie	Lap
	11:15A-12:00P	Water Works	Jackie	Family
TH	8:30A-9:30A	Water Bootcamp	Jackie	Lap
	11:15A-12:00P	Deep Water Arthritis	Theresa	Family
FR	No Classes			
SA	No Classes			
SU	No Classes			

## 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!



**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 weeks to 7 years  
Monday-Friday 8:00A-8:30P  
Saturday 8:00A-5:00P  
Sunday 12:00P-5:00P

## CARDIO & STRENGTH

	Time	Class	Instructor	Room	
<b>MO</b>	5:15A-6:15A	Bootcamp	Valerie	Loft	
	8:30A-9:30A	Body Blitz	Heidi	B	
	9:30A-10:30A	ZUMBA® Fitness	Tiffany	B	
	9:30A-10:30A	Barre	Kay	A	
	4:30P-5:30P	Muscle Pump	Brenda	B	
	5:30P-6:15P	TurboKick™	Rosa	B	
	6:15P-7:00P	PiYo™	Rosa		
	7:00P-8:00P	ZUMBA® Fitness	Charis	B	
<b>TU</b>	5:15A-6:00A	Body Blitz	Renee	B	
	<b>8:30A-9:00A</b>	<b>TurboKick™</b>	<b>Stephanie B.</b>	<b>B</b>	
	<b>9:00A-9:30A</b>	<b>CORE</b>	<b>Stephanie B.</b>	<b>B</b>	
	<b>9:00A-9:30A</b>	<b>Stretch &amp; Roll</b>	<b>Kay</b>	<b>A</b>	
	9:30A-10:30A	Body Design	Stephanie S.	B	
	10:00A-10:45A	SilverSneakers® Classic	Jackie	C	
	10:30A-11:30A	ZUMBA® Fitness	Darlene	B	
	11:00A-11:45A	Boomer Bootcamp	Jackie	Loft	
	4:30P-5:15P	TurboKick™	Renee	B	
	5:30P-6:30P	Muscle Pump	Julie	B	
	6:30P-7:30P	ZUMBA® Fitness	Mandy	B	
	<b>6:45P-7:15P</b>	<b>Stretch &amp; Roll</b>	<b>Jackie</b>	<b>C</b>	
	<b>WE</b>	<b>6:00A-6:30A</b>	<b>Stretch &amp; Roll (1st and 3rd)</b>	<b>Mark</b>	<b>A</b>
		8:30A-9:30A	Body Design	Stephanie S.	B
9:00A-10:00A		Bootcamp	Stephanie/Jenni	Loft	
<b>10:00A-10:30A</b>		<b>Core</b>	<b>Stephanie S.</b>	<b>B</b>	
10:00A-11:00A		Boomer Barre	Kay	A	
4:30P-5:30P		Body Blitz	Vicki	B	
5:30P-6:30P		Body Design	Jenni	B	
6:30P-7:15P		Step	Matt	B	
7:15P-8:15P	ZUMBA® Fitness	Amanda	B		
<b>TH</b>	5:15A-6:00A	Muscle Pump	April	B	
	<b>8:30A-9:00A</b>	<b>Step</b>	<b>Stephanie S.</b>	<b>B</b>	
	<b>9:00A-9:30A</b>	<b>CORE</b>	<b>Stephanie S.</b>	<b>B</b>	
	9:00A-10:00A	Bootcamp	Jenni	Loft	
	9:30A-10:30A	Muscle Pump	Brenda	B	
	9:30A-10:15A	Barre	Stephanie S.	A	
	10:00A-10:45A	SilverSneakers® Circuit	Jackie	C	
	10:30A-11:15A	SH'BAM®	Darlene	B	
	4:30P-5:30P	ZUMBA® Fitness	Darlene	B	
	5:30P-6:15P	SH'BAM®	Lacey	B	
	6:45P-7:45P	Muscle Pump	Michael	B	
<b>FR</b>	8:30A-9:30A	Muscle Pump	Valerie	B	
	<b>9:30A-10:00A</b>	<b>CORE</b>	<b>Valerie</b>	<b>B</b>	
	10:00A-10:45A	Step	Stephanie S.	B	
	11:00A-11:45A	Boomer Bootcamp	Jackie	B	
	6:00P-7:00P	ZUMBA® Fitness	Charis	B	
<b>SA</b>	8:00A-8:45A	SH'BAM®	Darlene	B	
	<b>8:45A-9:15A</b>	<b>Stretch &amp; Roll</b>	<b>Lisa</b>	<b>A</b>	
	9:00A-10:00A	FIERCE	Jenni	B	
	10:00A-11:00A	Body Design	Mindy	B	
	10:30A-11:30A	ZUMBA® Fitness	Ching	A	
<b>SU</b>	9:15A-10:00A	PiYo™	April	B	
	10:00A-11:00A	Muscle Pump	Julie	B	
	12:15P-1:30P	Advanced Bootcamp	Jenni	Loft	
	2:00P-3:00P	ZUMBA® Fitness	Ching	B	

## MIND BODY

	Time	Class	Instructor	Room
<b>MO</b>	6:15A-7:00A	Beginner Yoga	Sherrie	C
	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
	5:30P-6:30P	Beginner Yoga	Ashley	C
<b>TU</b>	9:00A-10:00A	Intermediate Yoga	Dorothy	C
	9:45A-10:45A	Pilates	Kay	A
	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:45P-6:45P	Intermediate Yoga	Elena	C
<b>WE</b>	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
<b>TH</b>	9:00A-10:00A	Intermediate Yoga	Gay	C
	4:30P-5:30P	Beginner Yoga	Dorothy	C
	5:30P-6:30P	Beginner Yoga	Ashley	C
<b>FR</b>	7:30A-8:30A	Intermediate Yoga	Lisa	C
	8:30A-9:30A	Gentle Yoga	Lisa	C
	9:30A-10:30A	SilverSneakers® Yoga	Lisa	C
<b>SA</b>	7:30A-8:30A	Intermediate Yoga	Lisa	A
	9:30A-10:30A	Gentle Yoga	Lisa	A

## CYCLE

	Time	Class	Instructor	Room
<b>MO</b>	5:15A-6:00A	♥ Heart Rate Cycle	Sherrie	Cycle
	<b>9:00A-9:30A</b>	<b>♥ Heart Rate Cycle Express</b>	<b>Kristen</b>	<b>Cycle</b>
	9:30A-10:00A	♥ Heart Rate Cycle HIIT	<b>Kristen</b>	<b>Cycle</b>
	5:45P-6:30P	♥ Heart Rate Cycle	Julie	Cycle
<b>TU</b>	5:15A-6:00A	♥ Heart Rate Cycle	Kristen	Cycle
	8:30A-9:15A	♥ Heart Rate Cycle	Brenda	Cycle
	5:45P-6:45P	♥ Heart Rate Extreme Ride	Valerie	Cycle
<b>WE</b>	5:15A-6:00A	♥ Heart Rate Cycle	Mark	Cycle
	9:30A-10:30A	♥ Heart Rate Extreme Ride	Ashley E.	Cycle
	5:45P-6:30P	♥ Heart Rate Cycle	Julie	Cycle
<b>TH</b>	5:15A-6:00A	♥ Heart Rate Cycle	Kristen	Cycle
	8:30A-9:15A	♥ Heart Rate Cycle	Brenda	Cycle
<b>FR</b>	<b>5:15A-5:45A</b>	<b>♥ Heart Rate Cycle Express</b>	<b>Angie B./Mark</b>	<b>Cycle</b>
	<b>5:45A-6:15A</b>	<b>♥ Heart Rate Cycle HIIT</b>	<b>Angie B./Mark</b>	<b>Cycle</b>
	8:30A-9:15A	♥ Heart Rate Cycle	Stephanie B.	Cycle
<b>SA</b>	7:00A-8:00A	♥ Heart Rate Extreme Ride	Sherrie	Cycle
<b>SU</b>	9:15A-10:00A	Cycle	Tina	Cycle