

# DOWNTOWN YMCA

## Group Exercise Schedule—Land & Water

Effective 09/03/19 – 12/31/19

### NEW OPTIONS!

#### LES MILLS SH'BAM

Designed for life on the move. Each class is vibrant and unique featuring fun, easy dance moves to popular hit songs for a great cardio workout.

#### 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.

#### 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!



Updated 08/08/19



## WATER EXERCISE

	Time	Class	Instructor	Room
MO	10:00A-11:00A	Water Works	Tonya	Family
	12:00P-12:45P	Aqua Body Design	Staff	Family
	5:30P-6:15P	Water Tabata	Bethany	Family
TU	8:00A-9:00A	Water Tabata	Annette	Family
	5:30P-6:15P	AQUA ZUMBA®	Amy	Family
WE	10:00A-11:00A	Water Works	Tonya	Family
	12:00P-12:45P	Water Tabata	Richard	Family
TH	8:00A-9:00A	Water Works	Annette	Family
	5:30P-6:15P	Hydrobox	Bethany	Family
FR	10:00A-10:45A	Water Works	Annette	Family
	12:00P-12:45P	Aqua Body Design	Angela	Family
	5:30P-6:15P	Water Tabata	Sabrina	Family
SA	8:00A-9:00A	Water Tabata	Rosa	Family
SU	3:00P-3:45P	Water Tabata	Sabrina	Family



**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
MO	9:30A-10:30A	ZUMBA® Fitness	Erica	A
	9:30A-10:30A	Bootcamp	Julie	B
	11:00A-11:45A	Muscle Pump	Heidi	A
	12:00P-12:45P	Body Design	Heidi	A
	4:30P-5:30P	Muscle Pump	Rusty	A
	<b>5:00P-5:30P</b>	<b>CORE</b>	<b>Josh</b>	<b>B</b>
	5:30P-6:00P	SH'BAM	Josh	A
TU	5:15A-6:15A	Muscle Pump	Valerie	A
	9:00A-10:00A	SilverSneakers® Classic	Joyce	B
	9:30A-10:30A	Bootcamp	Meghan	QueenAx
	9:30A-10:30A	Muscle Pump	Stephanie	A
	<b>10:30A-11:00A</b>	<b>Stretch &amp; Roll</b>	<b>Heather</b>	<b>B</b>
	12:00P-12:45P	Bootcamp	Julie	A
	4:30P-5:30P	ZUMBA® Fitness	Erica	A
	5:30P-6:30P	Muscle Pump	Jescia	A
	6:30P-7:15P	Barre	Jescia	A
	WE	5:15A-6:15A	FIERCE	Heidi
9:00A-10:00A		SilverSneakers® Circuit	Shalen	B
9:30A-10:30A		Bootcamp	Abby	A
11:00A-11:45A		Muscle Pump	Julie	A
12:00P-12:45P		PiYo®	Heather	A
<b>5:00P-5:30P</b>		<b>CORE</b>	<b>Josh</b>	<b>B</b>
5:30P-6:30P		Turbokick	Joanna	A
6:30P-7:15P		Muscle Pump	Angie	A
7:15P-8:00P	ZUMBA® Fitness	Melissa	A	
TH	8:00A-8:45A	ZUMBA® Fitness	Melissa	A
	9:00A-10:00A	SilverSneakers® Classic	Collette	B
	9:30A-10:30A	Muscle Pump	Heather	A
	9:30A-10:30A	Bootcamp	Karina	QueenAx
	12:00P-12:45P	Muscle Pump	Lacey	A
	4:30P-5:30P	ZUMBA® Fitness	Erica	A
	5:30P-6:15P	Body Blitz	Cheryl/ Valerie	A
	<b>6:15P-6:45P</b>	<b>CORE</b>	<b>Cheryl/ Valerie</b>	<b>A</b>
	6:45P-7:30P	FIERCE	Jescia	A
FR	9:30A-10:30A	Bootcamp	Abby	QueenAx
	<b>10:00A-10:30A</b>	<b>CORE</b>	<b>Josh</b>	<b>A</b>
	<b>10:30A-11:00A</b>	<b>Stretch &amp; Roll</b>	<b>Josh</b>	<b>A</b>
	11:00A-12:00P	PiYo®	Heather	A
	12:00P-12:45P	Muscle Pump	Heather	A
	5:30P-6:30P	Bootcamp	Napoleon/ Josh	A
	6:30P-7:30P	ZUMBA® Fitness	Erica	A
SA	9:00A-10:00A	Bootcamp	Napoleon/ Josh	A
	10:00A-11:00A	Muscle Pump	Rusty	A
	11:00A-12:00P	ZUMBA® Fitness	Rose	A
SU	10:00A-11:00A	Muscle Pump	Rusty	A
	11:00A-12:00P	Y-Box	Rusty	A
	2:00P-3:00P	ZUMBA® Fitness (Family)	Melissa	A

## CYCLE

MO	5:15A-6:00A	♥ Heartrate Cycle	Angie	C
	11:45A-12:45P	♥ Heartrate Cycle Core	Stephanie	C
	5:45P-6:45P	♥ Heartrate Extreme Ride	Mark	C
TU	5:15A-6:00A	♥ Heartrate Cycle Circuit	Whitney	C
	12:00P-12:45P	Cycle	Stephanie	C
	5:45P-6:30P	Cycle	Don	C
WE	11:45A-12:45P	♥ Heartrate Cycle Circuit	Christal	C
	5:45P-6:45P	♥ Heartrate Extreme Ride	Lauren	C
TH	5:15A-6:00A	♥ Heartrate Cycle Core	Jescia	C
	12:00-1:00P	Cycle Core	Julie	C
	5:45P-6:30P	Cycle	Don	C
FR	5:15A-6:00A	♥ Heartrate Cycle Circuit	Angie/ Jescia	C
SA	8:00A-9:00A	♥ Heartrate Extreme Ride	Kiera	C
SU	No Sunday Classes Scheduled			



## MIND BODY

MO	12:00P-1:00P	Beginner Yoga	James	B
	5:30P-6:30P	Intermediate Yoga	Jescia	B
TU	10:30A-11:30A	Tai Chi for Health	David	A
	12:00P-12:45P	Intermediate Yoga	Valerie	B
	4:30P-5:30P	Beginner Yoga	Kate	B
	5:30P-6:30P	Intermediate Yoga	Rusty	B
WE	10:30A-11:30A	Beginner Yoga	Dana	B
	5:30P-6:30P	Intermediate Yoga	Valerie	B
	6:30P-7:30P	Beginner Yoga	Valerie	B
TH	10:00A-11:00A	Gentle Yoga	Collette	B
	10:30A-11:30A	Tai Chi for Health	David	A
	12:00P-12:45P	Intermediate Yoga	Valerie	B
	4:30P-5:30P	Beginner Yoga	Kate	B
	5:30P-6:30P	Intermediate Yoga	Ginger	B
FR	9:00A-9:45A	Beginner Yoga	Stephanie	B
SA	9:00A-10:00A	Intermediate Yoga	Ginger	B
	10:00A-11:00A	Beginner Yoga	Ginger	B
	11:00A-12:00P	Beginner Yoga	Ginger	B