

# EAST 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) 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 09/04/19



## MIND BODY

	Time	Class	Instructor	Room
<b>MO</b>	7:00A-7:30A	⌚ Yoga Fit—Beginners	FOD	Studio A
	11:00A-12:00P	Tai Chi for Health	Terry	Studio A
	2:00P-3:00P	⌚ 1 Hour Yoga Flow	FOD	Studio A
	4:30P-5:30P	Beginner Yoga	Karen	Studio A
<b>TU</b>	9:00A-10:00A	Intermediate Yoga	Audrey	Studio A
	10:30A-11:30P	SilverSneakers® Yoga	Mary Beth	Studio B
	12:00P-1:00P	Gentle Yoga	Audrey	Studio A
	<b>2:00P-2:30P</b>	⌚ <b>Yoga Inferno I</b>	<b>FOD</b>	<b>Studio A</b>
	5:30P-6:15P	Pilates	Jessica	Studio A
	6:30P-7:30P	Tai Chi for Health	Ken	Studio A
<b>WE</b>	7:00A-8:00A	⌚ Yoga Fit—Warrior	FOD	Studio A
	8:00A-9:00A	Beginner Yoga	Dorothy	Studio A
	10:15A-11:15A	Pilates	Jessica	Studio A
	4:30P-5:30P	Beginner Yoga	Karen	Studio A
<b>TH</b>	9:00A-10:00A	Intermediate Yoga	Audrey	Studio A
	12:00P-1:00P	Gentle Yoga	Audrey	Studio A
	5:30P-6:30P	Intermediate Yoga	Ken	Studio A
<b>FR</b>	8:00A-9:00A	Gentle Yoga	Ken	Studio A
	10:15A-11:15A	Pilates	Jessica	Studio A
	10:30A-11:30A	SilverSneakers® Yoga	Mary Beth	Studio B
	11:30A-12:30P	Gentle Yoga	Ken	Studio A
	2:00P-3:00P	⌚ 1 Hour Yoga Flow	FOD	Studio A
<b>SA</b>	10:30A-11:30A	Intermediate Yoga	Stephanie N	Studio B
	<b>2:00P-2:35P</b>	⌚ <b>Cardio Yoga</b>	<b>FOD</b>	<b>Studio A</b>
	<b>2:35P-3:00P</b>	⌚ <b>Well Balances Flow Yoga</b>	<b>FOD</b>	<b>Studio A</b>
<b>SU</b>	12:00P-1:00P	Gentle Yoga	Ken	Studio B

**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	5:30A-6:30A	Body Blitz	Angela W	Studio B	
	8:00A-9:00A	Boomer Body Blitz	Frances	Studio B	
	8:30A-9:15A	Turbo Kick™	Kelley	Studio A	
	9:15A-10:00A	Body Design	Lea Ann	Studio B	
	<b>10:00A-10:30A</b>	<b>PiYo®</b>	<b>Lea Ann</b>	<b>Studio A</b>	
	<b>10:00A-10:30P</b>	<b>Boomer Cardio Craze</b>	<b>Mary Beth</b>	<b>Studio B</b>	
	10:30A-11:30A	SilverSneakers® Classic	Sheryl	Studio B	
	<b>12:00P-12:30P</b>	<b>Body Blitz</b>	<b>Jessica</b>	<b>Studio B</b>	
	<b>12:30P-1:00P</b>	<b>Core</b>	<b>Jessica</b>	<b>Studio B</b>	
	5:30P-6:30P	Muscle Pump	Anne	Studio B	
	6:30P-7:15P	SH'BAM®	Lacey	Studio B	
	7:30P-8:15P	Step	Matt	Studio B	
	TU	8:30A-9:15A	SH'BAM®	Lacey	Studio B
		9:30A-10:30A	SilverSneakers® Circuit	Mary Beth	Studio B
9:30A-10:15A		Boomer Bootcamp	Anne	Loft	
10:15A-11:00A		PiYo®	Rosa	Studio A	
5:30P-6:30P		Body Design	Frances	Studio B	
6:30P-7:15P		Bootcamp	Frances	Loft	
6:30P-7:30P		ZUMBA® Fitness	Aimee	Studio B	
WE	8:30A-9:15A	Muscle Pump	Kelley	Studio B	
	9:15A-10:00A	TurboKick™	Kelley	Studio B	
	9:15A-10:15A	ZUMBA® Fitness	Darlene	Gym	
	<b>10:00A-10:30A</b>	<b>Boomer Cardio Craze</b>	<b>Mary Beth</b>	<b>Studio B</b>	
	10:30A-11:30A	SilverSneakers® Classic	Mary Beth	Studio B	
	<b>12:00P-12:30P</b>	<b>Body Blitz</b>	<b>Frances</b>	<b>Studio B</b>	
	<b>12:30P-1:00P</b>	<b>Core</b>	<b>Frances</b>	<b>Studio B</b>	
<b>1:00P-1:30P</b>	☺ <b>Post Workout Stretch FOD</b>		<b>Studio A</b>		
5:30P-6:30P	Muscle Pump	Sarah	Studio B		
TH	5:30A-6:15A	Muscle Pump	Anne	Studio B	
	<b>7:00A-7:30A</b>	☺ <b>Fusion Total Body</b>	<b>FOD</b>	<b>Studio A</b>	
	8:30A-9:15A	Cardio CRAZE	Matt	Studio B	
	9:15A-10:15A	Body Blitz	Angela W	Studio B	
	10:15A-11:00A	PiYo®	Rosa	Studio A	
	10:30A-11:30A	SilverSneakers® Classic	Sheryl	Studio B	
	5:30P-6:15P	Barre	Jescia	Studio B	
	6:30P-7:15P	Bootcamp	Kurtis	Loft	
6:30P-7:30P	ZUMBA® Fitness	Aimee	Studio B		
FR	8:15A-9:00A	TurboKick™	Lea Ann	Studio B	
	9:00A-10:00A	ZUMBA® Fitness	Jonie	Studio B	
	<b>10:00A-10:30A</b>	<b>Boomer Cardio Craze</b>	<b>Mary Beth</b>	<b>Studio B</b>	
	10:00A-10:45A	Boomer Bootcamp	Frances	Loft	
	<b>12:00P-12:30P</b>	<b>Turbo Kick™</b>	<b>Rosa</b>	<b>Studio B</b>	
	<b>12:30P-1:00P</b>	<b>Piyo®</b>	<b>Rosa</b>	<b>Studio B</b>	
	2:00P-3:00P	SilverSneakers® Classic	Angela C	Studio B	
6:00P-7:00P	ZUMBA® Fitness	Brynden	Studio B		
SA	8:00A-8:45A	Turbo Kick™	Rosa, Kelley, Steph	Studio B	
	8:45A-9:30A	PiYo®	Rosa, Kelley, Steph	Studio B	
	9:15A-10:00A	Bootcamp	Marcus	Loft	
	9:30A-10:15A	Muscle Pump	Stephanie N	Studio B	
SU	10:00A-10:45A	TurboKick™	Hannah	Studio B	
	10:45A-11:45A	Muscle Pump	Hannah	Studio B	
	12:00P-1:00P	☺ Transform	FOD	Studio A	

## CYCLE

	Time	Class	Instructor	Room
MO	9:15A-10:00A	♥ Heart Rate Cycle	Kelley	Studio C
	4:15P-5:00P	♥ Heart Rate Cycle	Mindy	Studio C
	5:30P-6:15P	♥ Heart Rate Cycle	Ashley	Studio C
TU	5:30A-6:15A	♥ Heart Rate Cycle	Jescia	Studio C
	9:00A-10:00A	♥ Heart Rate Cycle Circuit	Rosa	Studio C
	12:00P-12:45P	♥ Heart Rate Cycle	Gavyn	Studio C
	5:30P-6:15P	♥ Heart Rate Cycle	Pam	Studio C
WE	5:30A-6:30A	♥ Heart Rate Cycle Circuit	Lea Ann, Kelley	Studio C
	8:00A-8:45A	♥ Boomer Heart Rate Cycle	Frances	Studio C
	9:15A-10:00A	♥ Heart Rate Cycle	Frances	Studio C
	5:30P-6:15P	♥ Heart Rate Cycle	Jescia	Studio C
TH	9:00A-10:00A	♥ Heart Rate Cycle Circuit	Stephanie	Studio C
	12:00A-12:45P	♥ Heart Rate Cycle	Gavyn	Studio C
	6:15P-7:00P	♥ Hip Hop Heart Rate Cycle	Chawn	Studio C
FR	5:30A-6:30A	♥ Heart Rate Cycle Circuit	Lea Ann	Studio C
	9:15A-10:00A	♥ Heart Rate Cycle	Kelley	Studio C
	4:15P-5:00P	♥ Heart Rate Cycle	Frances	Studio C
SA	8:15A-9:00A	♥ Heart Rate Cycle	Pam	Studio C
	<b>11:30A-12:00P</b>	<b>♥ Heart Rate Cycle Express</b>	<b>Stephanie</b>	<b>Studio C</b>
SU	9:15A-10:00A	♥ Heart Rate Cycle	Whitney	Studio C

## WATER EXERCISE

	Time	Class	Instructor	Room
MO	5:30A-6:30A	Water Works	Sheryl	Lap
	9:00A-10:00A	Water Works	Asa	Lap
	11:30A-12:30A	Boomer Water Works	Asa	Family
	4:45P-5:45P	Boomer Water Tabata	Jackie	Family
	5:45P-6:30P	Water Works	Jackie	Lap
TU	9:00A-10:00A	Water Works	Tina	Lap
	11:30A-12:30P	Boomer Water Works	Asa	Family
WE	5:30A-6:15A	Aqua Body Design	Jackie	Lap
	9:00A-10:00A	Water Works	Sheryl	Lap
	11:30A-12:30P	Boomer Water Works	Asa	Family
	4:45P-5:45P	Boomer Water Tabata	Jackie	Family
	5:45P-6:30P	Auqua Body Design	Jackie	Lap
TH	9:00A-10:00A	Water Works	Asa	Lap
	11:30A-12:30P	Boomer Water Works	Asa	Family
FR	5:30A-6:30A	Water Works	Jackie	Lap
	9:00A-10:00A	Water Tabata	Jackie	Lap
	11:30A-12:30P	Arthritis Water Exercise	Frances	Family
SA	8:30A-9:30A	Water Works	Angela C	Family