

NORTHWEST YMCA

Group Exercise Schedule—Land & Water

Effective 9/17/19—12/31/19

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!



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.

JOIN ANYTIME! All classes on this schedule are ongoing, for ages 13 and up, and included in YMCA membership.

In case of inclement weather, please call 316.260.9622 to find out about class cancellations. Please refer to schedules regularly or check ymcawichita.org or the greater Wichita YMCA app for up-to-date information.

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

WATER EXERCISE

	Time	Class	Instructor	Room
MO	8:00A-8:45A	Boomer Water Works	Cyndi	Family
	10:00A-11:00A	Water Works	Jandee	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
	6:30P-7:15P	Water Works	Jana	Family
TU	5:30A-6:15A	Water Tabata	Kristin	Family
	9:00A-10:00A	Water Tabata	Jeannie	Lap
	7:15P-8:00P	AQUA ZUMBA®	Hideki	Family
WE	8:00A-8:45A	Boomer Water Works	Jana	Family
	10:00A-11:00A	Hydrobox	Janese	Lap
	10:45A-11:30A	Arthritis Water Exercise	Janice	Family
TH	5:30A-6:15A	Aqua Body Design	Kristin	Family
	9:00A-10:00A	Aqua Body Design	Heidi	Lap
	7:15P-8:00P	Water Tabata	Jandee	Family
FR	8:00A-8:45A	Boomer Water Works	Cyndi	Family
	10:00A-11:00A	Water Tabata	Jeannie/Janese	Lap
	10:45A-11:30A	Arthritis Water Exercise	Rebecca	Family
SA	9:00A-10:00A	Water Tabata	Janese/Jeannie	Lap

CYCLE

MO	5:00A-6:00A	Extreme Ride	Christal	D
	8:45A-9:30A	Beginner Cycle	Marie	D
	9:45A-10:30A	Cycle	Rebecca	D
	5:30P-6:30P	Extreme Ride	Warren	D
	6:45P-7:30P	Beginner Cycle	Katherine	D
TU	9:30A-10:30A	Cycle Core	Stacey	D
	12:00P-12:30P	Cycle Express	Ashley	D
	6:00P-6:45P	Cycle	Barb	D
WE	5:00A-6:00A	Cycle Core	Janice	D
	8:45A-9:30A	Cycle	Rebecca	D
	9:30A-10:00A	Cycle Express	Rebecca	D
	5:30A-6:00A	Cycle Express	Ashley	D
	6:00P-6:45P	Cycle	Ashley	D
TH	5:15A-6:00A	Cycle	Ashley	D
	9:30A-10:30A	Cycle Core	Rebecca	D
	6:00P-6:45P	Cycle	Warren	D
FR	5:15A-6:00A	Cycle	Whitney K	D
	8:45A-9:30A	Cycle	Rebecca	D
SA	7:00A-8:00A	Extreme Ride	Dana	D
	9:00A-10:00A	Extreme Ride	Janice	D
SU	8:00A-9:00A	Extreme Ride	Janice	D
	1:00P-2:00P	Extreme Ride	Rotation	D

****This class is recommended for families with youth 8-12. A parent or adult aged 18 and over must be participating with them and by their side. However, youth 8-12 may participate in adult classes but MUST be with a parent or adult aged 18 and over at ALL times. And must be tall enough to participate (head above water). Instructor reserves the right to limit participation if the class is overcrowded and the risk is too great.**

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

Updated 9/17/19



CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	5:00A-6:00A	TurboKick™	Tammy	F
	5:00A-6:00A	Bootcamp	Dawn	C
	8:30A-9:00A	Body Blitz	Heidi	C
	9:00A-9:30A	Step	Heidi	C
	9:30A-10:30A	Muscle Pump	Jeannie	C
	10:30A-11:15A	SilverSneakers® Circuit	Natalie	F
	10:30A-11:30A	ZUMBA® Fitness	Jessie	C
	5:45P-6:30P	TurboKick™	Christi B	F
	5:30P-6:30P	ZUMBA® Fitness	Jandee	C
	6:30P-7:30P	Muscle Pump	Barb	C
7:30P-8:30P	FIERCE	Kristian	C	
TU	5:00A-5:45A	Barre	Mary Anne/Jennifer W	YWS
	5:00A-6:00A	Body Design	Heidi	C
	8:45A-9:15A	Body Blitz	Janefer	C
	9:15A-10:00A	TurboKick™	Janefer	C
	9:30A-10:15A	SH'BAM™	Elizabeth	F
	10:00A-11:00A	Body Design	Heidi	C
	10:30A-11:30A	SilverSneakers® Classic	Royce	F
	11:00A-11:30A	CORE	Heidi	C
	5:00P-5:45P	Step	Natalie	C
	5:45P-6:15P	Body Blitz	Natalie	C
6:30P-7:30P	Y-Box	Sandra	C	
7:30P-8:30P	ZUMBA® Fitness	Brynden	C	
WE	5:00A-5:45A	ZUMBA® Fitness	Mary Anne/Angie	F
	5:00A-6:00A	Morning Mix!	Tammy	C
	8:30A-9:30A	Muscle Pump	Jeannie	C
	9:00A-9:45A	INSANITY®	Heidi	Cheer Ctr
	9:30A-10:30A	PiYo®	Natalie	F
	9:30A-10:15A	Boomer Cardio Craze	Marie	C
	10:30A-11:00A	Boomer Body Blitz	Marie	F
	10:30A-11:30A	ZUMBA® Fitness	Jandee	C
	11:30A-12:00P	CORE	Jandee	C
	5:30P-6:15P	ZUMBA® Fitness (beginner level)	Sarah	F
5:30P-6:30P	Muscle Pump	Christi R	C	
6:30P-7:30P	Body Design	Heidi	C	
TH	5:00A-5:45A	Muscle Pump	Jennifer W	C
	8:45A-9:45A	Body Design	Jeannie	C
	9:45A-10:30A	Y-Box	Jeannie	C
	10:30A-11:30A	ZUMBA® Fitness	Frederique	C
	10:30A-11:30A	SilverSneakers® Classic	Natalie	F
	4:45P-5:45P	Muscle Pump	Jennifer K	C
	5:45P-6:45P	SH'BAM™	Jandee	C
	5:45P-6:30P	TurboKick™	Christi B	F
	6:45P-7:30P	Fierce	Kristian	C
	FR	5:00A-6:00A	Body Blitz	Heidi/Staff
5:00A-6:00A		INSANITY®	Dawn	Cheer Ctr
8:30A-9:30A		Bootcamp	Whitney	C
9:30A-10:30A		TurboKick™	Joanna	F
9:30A-10:30A		ZUMBA® Fitness	Janefer	C
10:30A-11:00A		CORE	Janefer	YWS
10:30A-11:30A		Boomer Muscle Pump	Joanna	C

CARDIO & STRENGTH

	Time	Class	Instructor	Room
SA	7:00A-8:00A	FIERCE	Staff/Jennifer W	C
	8:00A-8:45A	Barre	Elizabeth	YWS
	8:00A-9:00A	Beginner Bootcamp	Linda A	Cheer Ctr
	8:00A-9:00A	Muscle Pump	Jeannie	C
	9:00A-10:00A	TurboKick™	Tammy/Staff	C
	10:00A-10:30A	Stretch & Roll	Tammy/Janice	F
	10:00A-11:00A	Y-Box	Jeannie/Sandra	C
	11:00A-11:30A	Step	Jenny/Dee	C
	11:30A-12:00P	Body Blitz	Jenny/Dee	C
	SU	8:00A-9:00A	INSANITY®	Heidi
1:00P-2:00P		Body Design (1st/3rd/5th)	Christi R	C
1:00P-2:00P		PiYo® (2nd/4th)	Sandra	C
2:00P-3:00P		ZUMBA® Fitness	Sarah	C

MIND BODY

	Time	Class	Instructor	Room
MO	8:30A-9:30A	Intermediate Yoga	Janice	F
	9:30A-10:15A	Beginner Yoga	Whitney S	F
	11:15A-12:00P	SilverSneakers® Yoga	Jeannie	F
	6:30P-7:15P	Pilates	Christine	F
	7:30P-8:30P	Beginner Yoga	Hideki	F
TU	5:00A-5:45A	Intermediate Yoga	Janice	F
	9:00A-10:00A	Power Yoga	Linda	YWS
	6:30P-7:30P	Intermediate Yoga	Fred	F
WE	8:30A-9:30A	Intermediate Yoga	Tammy	F
	6:30P-7:30P	Intermediate Yoga	Fred	F
TH	8:00A-8:45A	Gentle Yoga	Dana	F
	9:00A-10:00A	Power Yoga	Linda	F
	6:30P-7:15P	Pilates	Lee Ann	F
	7:30P-8:30P	Beginner Yoga	Ginger	F
FR	8:30A-9:30A	Beginner Yoga	Valerie	F
	10:30A-11:30A	SilverSneakers® Yoga	Janice	F
SA	9:00A-10:00A	Beginner Yoga	Linda A	F
	10:30A-11:30A	Intermediate Yoga	Janice	F
SU	12:00P-1:00P	Beginner Yoga	Linda A	F
	2:00P-3:00P	Intermediate Yoga	Hideki	F