

SOUTH YMCA

Group Exercise Schedule—Land & Water

Effective 11/01/19– 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 up, and included in YMCA membership - no sign up 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 **ADDITIONAL OPPORTUNITIES** stop by the front desk to set up a personalized orientation. Get acquainted with group exercise **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 08/09/19



WATER EXERCISE

	Time	Class	Instructor	Room
MO	5:15A-6:00A	Water Tabata	Michelle	Family
	8:15A-9:00A	Water Tabata	Kaitlyn	Family
	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	10:30A-11:15A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	6:00P-7:00P	Arthritis Water Exercise	Vicki	Family
TU	5:15A-6:00A	Aqua Body Design	Michelle	Family
	8:00A-8:45A	Working Down Under	Vicki	Lap
	9:00A-10:00A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	7:15P-8:00P	AQUA ZUMBA®	Melissa	Family
WE	5:15A-6:00A	Water Tabata	Michelle	Family
	8:15A-9:00A	Water Works	Kaitlyn	Family
	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	6:00P-7:00P	Arthritis Water Exercise	Vicki	Family
TH	5:15A-6:00A	Hydrobox	Michelle	Family
	8:00A-8:45A	Deep Water Tabata	Vicki	Lap
	9:00A-10:00A	SilverSneakers® Splash	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	7:15P-8:00P	AQUA ZUMBA®	Amy	Family
FR	5:15A-6:00A	Water Tabata	Michelle	Family
	8:15A-9:00A	Hydrobox	Kaitlyn	Family
	9:00A-10:00A	Arthritis Water Exercise	Patsy	Family
	10:30A-11:15A	Water Tabata	Vicki	Family
	11:30A-12:30P	Arthritis Water Exercise	Vicki	Family
	6:00P-7:00P	Deep Water Tabata	Angie B	Lap
SU	10:30A-11:15A	AQUA ZUMBA®	Ching	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 wks to 7 yrs
 Monday-Friday 8:00A-8:30P
 Saturday 8:00A-5:00P
 Sunday 12:00P-5:00P

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	9:00A-9:30A	Step Express	Rachael	C
	9:30A-10:00A	Y-Box	Rachael	C
	9:30A-10:30A	SilverSneakers® Circuit	Lindsey	Dance
	4:45P-5:15P	Body Blitz	Susie	C
	5:15P-5:45P	CORE	Susie	C
	5:45P-6:30P	FIERCE	Susie	C
	6:30P-7:00P	ZUMBA® Fitness (Beginner Level)	Melissa W.	C
	7:00P-8:00P	ZUMBA® Fitness	Melissa W.	C
TU	5:15A-6:00A	Bootcamp	Blake	D
	9:00A-10:00A	Body Design	Heidi	C
	10:00A-10:30A	CORE	Heidi	C
	10:30A-11:30A	SilverSneakers® Classic	Summer	Dance
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	4:45P-5:15P	Body Blitz	B'Aylana	C
	5:15P-5:45P	Cardio Craze	B'Aylana	C
	5:45P-6:45P	ZUMBA® Fitness	Joel	C
	6:30p-7:00P	Zumba (Family)	Melissa W.	B
	7:00P-7:45P	Y-Box	Kristy	C
WE	9:00A-9:30A	Cardio Craze	Rachael	C
	9:30A-10:30A	Muscle Pump	Rachael	C
	9:30A-10:00A	Boomer Body Blitz	Susie	Dance
	10:00A-10:30A	Boomer Cardio Craze	Susie	Dance
	4:45P-5:30P	Bootcamp	Aaron	D
	5:30P-6:00P	Step	Kristy	C
	6:00P-6:30P	Cardio Craze	Kristy	C
	6:30P-7:30P	ZUMBA® Fitness	Todd	C
TH	5:15A-6:00A	Bootcamp	Blake	D
	9:00A-9:45A	♥ Heart Rate Bootcamp	Heidi	D
	9:45A-10:30A	Barre	Heidi	C
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	10:30A-11:30A	SilverSneakers® Classic	Susie	Dance
	4:45P-5:30P	Muscle Pump	Kristy	C
	5:30P-6:00P	Step	Kristy	C
	6:00P-7:00P	ZUMBA® Fitness	Joel	C
	7:00P-7:45P	Y-Box	Kristy	C
FR	9:30A-10:30A	ZUMBA® Fitness	Brynden	C
	9:30A-10:30A	Boomer Bootcamp	Lindsey	D
	4:45P-5:30P	Bootcamp	Finnie	D
	5:45P-6:30P	Y-Box	B'Aylana	C
	6:30P-7:00P	CORE	B'Aylana	C
SA	9:00A-9:45A	SH'BAM™	Vi	C
	10:00A-11:00A	TurboKick®	Christi	C
	11:00A-12:00P	ZUMBA® Fitness	Melissa W.	C
SU	1:00P-2:00P	SH'BAM™	B'Aylana	C
	2:00P-3:00P	Muscle Pump	Holly	C
	3:00P-4:00P	ZUMBA® Fitness (Family)	Amy	C

CYCLE

	Time	Class	Instructor	Room
MO	🕒12:00P-12:30P	Cycle Express	FOD	D
	🕒4:00P-4:30P	Cycle Express	FOD	D
WE	🕒12:00P-12:30P	Cycle Express	FOD	D
TH	🕒4:00P-4:30P	Cycle Express	FOD	D
FR	🕒12:00P-12:30P	Cycle Express	FOD	D

MIND & BODY

	Time	Class	Instructor	Room
MO	5:30P-6:30P	Beginner Yoga	Dorothy	B
TU	9:00A-10:00A	Beginner Yoga	Valerie L.	B
	9:30A-10:30A	SilverSneakers® Yoga	Lindsey	Dance
	5:00P-5:45P	Intermediate Yoga	Tyler	B
WE	6:30P-7:30P	Pilates	Christine	A
TH	9:00A-10:00A	Beginner Yoga	Valerie L.	B
	9:30A-10:30A	SilverSneakers® Yoga	Lindsey	Dance
	5:00P-5:45P	Intermediate Yoga	Tyler	B
FR	9:00A-10:00A	Beginner Yoga	Valerie E.	B
SA	8:00A-9:00A	Beginner Yoga	Dorothy	B
SU	4:00P-5:00P	Beginner Yoga	Muggie	C