

# EL DORADO 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 11/27/19

### CYCLE

	Time	Class	Instructor	Room
TU	6:30P-7:30P	Cycle	Lacey	B
TH	6:00P-7:00P	Virtual Cycle	Dalton	Gym 1

### WATER EXERCISE

	Time	Class	Instructor	Room
MO	8:30A-10:00A	Water Volleyball	None	Family
	10:15A-11:00A	Water Bootcamp	Bert	Family
	5:45P-6:30P	Aqua Zumba®	Eleanor	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
TU	8:00A-9:00A	Water Works	Diana	Family
	10:15A-11:15A	Water Works	Diana	Family
	5:00P-6:00P	Water Works	Diana	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
WE	8:00A-9:00A	Water Works	Diana	Family
	9:15A-10:15A	Water Works	Diana	Family
	10:15A-11:00A	Water Tabata	April	Family
	11:00A-11:45A	Water Arthritis	April	Family
TH	8:00A-9:00A	Water Works	Diana	Family
	10:15A-11:15A	Water Works	Diana	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
FR	8:30A-10:00A	Water Volleyball	None	Family
	10:15A-11:00A	Water Bootcamp	April	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-Thursday 8:00A-12:00P | 4:00P-8:00P  
Friday 8:00A-12:00P | 4:00P-6:30P  
Saturday 8:00A-12:00P  
Sunday 1:00P-4:00P

CARDIO & STRENGTH				
	Time	Class	Instructor	Room
MO	8:00A-9:00A	Body Blitz	Laura	A
	10:00A-11:00A	SilverSneakers® Circuit	Laura	B
	12:15P-12:45P	Bootcamp (HITT)	Dalton	Gym 1
	4:00P-5:00P	Bootcamp (Quennax)	Dalton	Gym 1
	6:30P-7:00P	Bootcamp (HITT)	Dalton	PT area
TU	5:00A-6:00A	♥ Heartrate Bootcamp (Strength)	Bert	Gym 1
	8:30A-9:00A	CORE	Laura	A
	9:00A-10:00A	SilverSneakers® Classic	Laura	B
	9:00A-10:00A	♥ Heartrate Bootcamp	Kera	Gym 1
	12:15P-12:45P	Body Blitz	Lacey	A
	4:00P-4:30P	Body Blitz	Lacey	B
	4:30P-5:30P	SilverSneakers® Classic	Dalton	B
	5:00P-6:00P	SH'BAM®	Lacey	A
	5:30P-6:30P	ZUMBA® Fitness	Megan	B
WE	6:00A - 7:00A	♥ Heartrate Bootcamp (Cardio)	Bert	Gym 1
	8:30A-9:00A	CORE	April	A
	9:00A-10:00A	Body Design	April	A
	10:00A-10:30A	Stretch and Roll	Jan	A
	10:00A-11:00A	SilverSneakers® Circuit	Collette	B
	12:15P-1:00P	Bootcamp	Bert	Gym 1
	4:30P-5:00P	Bootcamp (HITT)	Kera	Gym 1
TH	5:00A-6:00A	♥ Heartrate Bootcamp (Strength)	Bert	Gym 1
	8:00A-9:00A	Barre	Julie	A
	9:00A-10:00A	SilverSneakers® Classic	Julie	B
	9:00A-10:00A	Bootcamp (Boxing)	Kera	Gym 1
	4:30P-5:30P	SilverSneakers® Classic	Dalton	B
FR	8:30A-9:00A	Bootcamp (HITT)	April	A
	9:00A-10:00A	Barre	April	A
	12:15P-12:45P	Bootcamp (Core)	Bert	A

MIND BODY				
	Time	Class	Instructor	Room
MO	9:00A-10:00A	Beginner Yoga	Jan	A
	10:00-11:00A	Tai Chi Yang Style	Jan	A
TU	9:00A-10:00A	Pilates	Jan	A
	2:00P-2:30P	☯Yoga	FOD (Helen)	Gym 1
WE	9:00A-10:00A	Beginner Yoga	Jan	B
	11:00A-12:00P	Tai Chi Sun Style	Collette	B
	6:00P-7:00P	Intermediate Yoga	Jan	B
TH	9:00A-10:00A	Pilates	Jan	A