

## Group Exercise Schedule—Land & Water

Effective 1/2/20–05/31/20

### WHAT'S NEW!

**STRONG** by Zumba® is a high intensity workout that combines interval training, plyometrics, and cardio for a full body workout. In every class, music and moves sync together in a way that will push you past your perceived limits. Feel every beat +Sync every move in **STRONG** by Zumba®.

**STRONG 30™** is a revolutionary 30-minute high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Stop counting the reps. Start training to the beat. **STRONG 30™** combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees, and jumping jacks all SYNCed to original music. If you've got 30-minutes, you've got time to blitz this high-intensity workout experience with us.

**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 316.858.9622 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 mobile app! Group Exercise, Open Swim, Lap Pool, Open Gym, and Open Climbing Wall schedules are available for all 10 Greater Wichita YMCAs!



## WATER EXERCISE

	Time	Class	Instructor	Pool
<b>MO</b>	5:30A–6:15A	Water Tabata	Pam	Family
	8:00A–9:00A	Water Tabata	Richard	Family
	9:00A–10:00A	Arthritis Water Exercise	Richard	Family
	10:00A–11:00A	Aqua Body Design Deep	Beverly	Lap
	12:00P–1:00P	Aqua Body Design	Beverly	Family
<b>TU</b>	8:00A–9:00A	Water Works	Dana	Family
	9:00A–10:00A	Silver Sneakers® Splash	Dana	Family
	12:00P–1:00P	Water Bootcamp	Cheryl	Family
	7:15P–8:00P	Water Tabata	Katie	Family
	<b>WE</b>	5:30A–6:15A	AQUA ZUMBA®	Melissa
8:00A–9:00A		Water Works	Dana	Family
9:00A–10:00A		Silver Sneakers® Splash	Dana	Family
10:00A–11:00A		Working Down Under (Deep)	Dana	Lap
12:00P–1:00P		Water Works	Lindsey	Family
7:15P–8:00P	Water Tabata	Pam	Family	
<b>TH</b>	8:00A–9:00A	Aqua Body Design	Beverly	Family
	9:00A–10:00A	Arthritis Water Exercise	Beverly	Family
	12:00P–1:00P	Water Tabata	Corri	Family
	7:15P–8:00P	Water Bootcamp	Cheryl	Family
	<b>FR</b>	5:30A–6:15A	Water Tabata	Jamee
8:00A–9:00A		Water Works	Dana	Family
9:00A–10:00A		Silver Sneakers® Splash	Dana	Family
10:00A–11:00A		Working Down Under (Deep)	Dana	Lap
12:00P–1:00P		Water Bootcamp	Cheryl	Family
<b>SA</b>	12:00P–1:00P	Water Tabata	Pam	Family
<b>SU</b>	12:00P–1:00P	AQUA ZUMBA®	Ching	Family

## CYCLE

	Time	Class	Instructor	Room
<b>MO</b>	5:00A–5:45A	Cycle	Jana	Loft
	8:45A–9:30A	Cycle	Gretchen	Loft
	<b>12:00P–12:30P</b>	<b>Cycle HIIT</b>	<b>Gretchen</b>	<b>Loft</b>
	5:30P–6:15P	Cycle	Pam	Loft
<b>TU</b>	5:00A–5:45A	Cycle	Elena	Loft
	8:45A–9:30A	Boomer Cycle	Staff	Loft
	5:30P–6:30P	Extreme Ride	Staff/Gretchen	Loft
<b>WE</b>	5:00A–5:45A	Cycle	Jana	Loft
	8:45A–9:30A	Cycle	Isha	Loft
	<b>12:00P–12:30P</b>	<b>Cycle Express</b>	<b>Hayley</b>	<b>Loft</b>
	5:30P–6:15P	Cycle	Pam	Loft
<b>TH</b>	5:00A–5:45A	Cycle	Staff	Loft
	8:45A–9:30A	Boomer Cycle	Christi	Loft
	5:30P–6:30P	Extreme Ride	Melinda	Loft
<b>FR</b>	5:00A–5:45A	Cycle	Elena	Loft
	5:30P–6:15P	Cycle	Staff	Loft
<b>SA</b>	8:30A–9:30A	Extreme Ride	Melinda/Jana	Loft

### 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
<b>MO</b>	5:00A-6:00A	Body Blitz	Bernadette	C
	8:30A-9:30A	ZUMBA® Fitness	Rose	C
	9:30A-10:30A	Boomer Bootcamp	Zach	Loft
	9:30A-10:30A	Muscle Pump	Christi	C
	<b>10:45A-11:15A</b>	<b>SilverSneakers® Classic</b>	<b>Melissa</b>	<b>C</b>
	<b>11:15A-11:45A</b>	<b>SilverSneakers® Yoga</b>	<b>Melissa</b>	<b>C</b>
	11:30A-12:15P	Heartrate Bootcamp	Zach	Queenax
	11:45A-12:30P	ZUMBA® Fitness	Mary Anne	C
	4:30P-5:30P	ZUMBA® Fitness	Hayley	C
	5:30P-6:30P	Body Design	Jenni	C
	6:30P-7:30P	Muscle Pump	Pam	C
	7:30P-8:15P	ZUMBA® Fitness	Charity	C

	Time	Class	Instructor	Room
<b>TU</b>	5:00A-6:00A	TurboKick™	Maribeth	C
	8:30A-9:30A	Muscle Pump	Kelley	C
	9:30A-10:30A	Boomer Bootcamp	Cheryl	Loft
	9:30A-10:30A	INSANITY®	Kelley	C
	11:45A-12:30P	Body Blitz	Christal	C
	<b>12:00P-12:30P</b>	<b>Bootcamp</b>	<b>Zach</b>	<b>Loft</b>
	4:30P-5:30P	Body Design	Jenni	C
	5:30P-6:30P	Heartrate Bootcamp	Jordon	Queenax
	5:30P-6:30P	TurboKick™	Vi	C
	6:30P-7:30P	Muscle Pump	Isha	C
	7:30P-8:15P	ZUMBA® Fitness	Pam	C

	Time	Class	Instructor	Room
<b>WE</b>	5:00A-6:00A	Muscle Pump	Bernadette	C
	8:30A-9:30A	ZUMBA® Fitness	Rose	C
	9:30A-10:30A	Muscle Pump	Isha	C
	9:30A-10:30A	Boomer Bootcamp	Zach	Loft
	<b>10:45A-11:15A</b>	<b>SilverSneakers® Classic</b>	<b>Melissa</b>	<b>C</b>
	<b>11:15A-11:45A</b>	<b>SilverSneakers® Yoga</b>	<b>Melissa</b>	<b>C</b>
	11:45A-12:30P	TurboKick™	Maribeth	C
	12:00P-12:45P	Heartrate Bootcamp	Zach	Queenax
	4:30P-5:30P	Muscle Pump	Pam	C
	5:30P-6:15P	Y- Box	Lacey	C
6:30P-7:30P	Strong by Zumba™	Charity	C	
7:30P-8:30P	TurboKick™	Melinda	C	

	Time	Class	Instructor	Room
<b>TH</b>	5:00A-6:00A	Bootcamp	Charity	C
	8:45A-9:30A	Body Blitz	Janefer	C
	9:30A-10:30A	Boomer Bootcamp	Erin	Loft
	9:30A-10:30A	ZUMBA® Fitness	Janefer	C
	11:45A-12:30P	Body Blitz	Maryanne	C
	<b>12:00P-12:30P</b>	<b>Bootcamp</b>	<b>Zach</b>	<b>Loft</b>
	4:30P-5:15P	Y Box	Staff	C
	5:30P-6:30P	Heartrate Bootcamp	Zach	Queenax
	5:30P-6:30p	Muscle Pump	Isha	C
	<b>6:30P-7:00P</b>	<b>Core</b>	<b>Isha</b>	<b>C</b>
7:15P-8:00P	ZUMBA® Fitness	Isha	C	

	Time	Class	Instructor	Room
<b>FR</b>	5:00A-6:00A	PiYo®	Kelley	C
	8:30A-9:30A	TurboKick™	Maribeth	C
	9:30A-10:30A	Muscle Pump	Maribeth	C
	9:30A-10:30A	Boomer Bootcamp	Zach	Loft
	<b>10:45A-11:15A</b>	<b>SilverSneakers® Classic</b>	<b>Melissa</b>	<b>C</b>
	<b>11:15A-11:45A</b>	<b>SilverSneakers® Yoga</b>	<b>Melissa</b>	<b>C</b>
	11:45A-12:30P	FIERCE	Jenni	C
	12:00P-12:45P	Heartrate Bootcamp	Zach	Queenax
	4:30P-5:30P	Body Blitz	Stephanie	C
	5:30P-6:30P	ZUMBA® Fitness	Holly	C

## CARDIO & STRENGTH

	Time	Class	Instructor	Room
<b>SA</b>	8:30A-9:30A	ZUMBA® Fitness	Brynden	C
	<b>9:30A-10:00A</b>	<b>Strong30</b>	<b>Charity</b>	<b>C</b>
	<b>9:30A-10:00A</b>	<b>Heartrate Bootcamp</b>	<b>Zach</b>	<b>Queen</b>
	<b>10:00A-10:30A</b>	<b>Core</b>	<b>Zach</b>	<b>Queen</b>
	10:00A-11:00A	TurboKick™	Melinda/Hannah	C
	11:00A-12:00P	Muscle Pump	Vi	C
	12:00P-12:45P	SH'BAM™	Vi	C
<b>SU</b>	12:30P-1:30P	Muscle Pump	Michael	C
	1:30P-2:30P	Strong by Zumba™	Charity	C
	2:30P-3:30P	ZUMBA® Fitness	Brynden	C

## MIND BODY

	Time	Class	Instructor	Room
<b>MO</b>	9:30A-10:30A	Gentle Yoga	Marty	D
	12:00P-12:45P	Intermediate Yoga	Valerie	D
	5:30P-6:15P	Pilates	Dayla	D
	6:30P-7:30P	Intermediate Yoga	Ginger	D
	7:30P-8:30P	Beginner Yoga	Ginger	D
<b>TU</b>	9:30A-10:30A	Intermediate Yoga	Molly	D
	10:45A-11:45A	Chair Yoga	Suresh	C
	12:15P-1:00P	Pilates	Stephanie	D
	5:30P-6:30P	Intermediate Yoga	Kinsey	D
	6:30P-7:30P	Beginner Yoga	Dorothy	D
<b>WE</b>	9:30A-10:30A	Tai Chi	David	D
	12:00P-12:45P	Intermediate Yoga	Valerie	D
	5:30P-6:30P	Power Yoga	Elena	D
	6:30P-7:30P	Intermediate Yoga	Dorothy	D
	7:30P-8:30P	Beginner Yoga	Dorothy	D
<b>TH</b>	9:30A-10:30A	Intermediate Yoga	Molly	D
	10:45A-11:45A	Chair yoga	Suresh	C
	12:15P-1:00P	Pilates	Stephanie	D
	5:30P-6:30P	Intermediate Yoga	Marty	D
	6:30P-7:30P	Beginner Yoga	Judy	D
<b>FR</b>	9:30A-10:30A	Gentle Yoga	Dorothy	D
	12:00P-12:45P	Intermediate Yoga	Isha	D
	6:00P-7:00P	Intermediate Yoga	Tyler	
<b>SA</b>	8:30A-9:30A	Intermediate Yoga	Kinsey	D
	9:30A-10:30A	Power Yoga	Isha	D
	10:30A-11:30A	Beginner Yoga	Dorothy	D
<b>SU</b>	12:30P-1:30P	Intermediate Yoga	Dorothy/Marty	D