

# SOUTH YMCA

## Group Exercise Schedule—Land & Water

Effective 3/21/20– 5/31/20

### WHAT'S NEW!

**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 316.942.5511 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 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	Room
<b>MO</b>	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
<b>TU</b>	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
<b>WE</b>	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
<b>TH</b>	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
<b>FR</b>	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
<b>SU</b>	10:30A-11:15A	AQUA ZUMBA@	Brynden	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
<b>MO</b>	9:00A-9:45A	Y-Box	Rachael	C
	9:30A-10:30A	SilverSneakers® Circuit	Lindsey	Dance
	<b>9:45A-10:15A</b>	<b>Body Blitz</b>	<b>Rachael</b>	<b>C</b>
	10:30A-11:15A	Boomer SH'BAM™	Rachael	C
	<b>4:45P-5:15P</b>	<b>Body Blitz</b>	<b>Susie</b>	<b>C</b>
	<b>5:15P-5:45P</b>	<b>CORE</b>	<b>Susie</b>	<b>C</b>
	5:45P-6:30P	FIERCE	Susie	C
	<b>6:30P-7:00P</b>	<b>ZUMBA® Fitness (Beginner Level)</b>	<b>Melissa W.</b>	<b>C</b>
	7:00P-8:00P	ZUMBA® Fitness	Melissa W.	C
<b>TU</b>	5:15A-6:00A	Bootcamp	Blake	D
	9:00A-10:00A	Body Design	Heidi	C
	<b>10:00A-10:30A</b>	<b>CORE</b>	<b>Heidi</b>	<b>C</b>
	10:30A-11:30A	SilverSneakers® Classic	Summer	Dance
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	5:00P-5:45P	STRONG 45™	Todd	C
	5:45P-6:45P	ZUMBA® Fitness	Joel	C
	<b>6:30p-7:00P</b>	<b>Zumba (Family)</b>	<b>Melissa W.</b>	<b>B</b>
	7:00P-7:45P	Y-Box	Kristy	C
<b>WE</b>	9:30A-10:30A	Muscle Pump	Rachael	C
	<b>9:30A-10:00A</b>	<b>Boomer Body Blitz</b>	<b>Susie</b>	<b>Dance</b>
	<b>10:00A-10:30A</b>	<b>Boomer Cardio Craze</b>	<b>Susie</b>	<b>Dance</b>
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	4:45P-5:45P	Bootcamp	Aaron	D
	5:45P-6:30P	Y-Box	Kristy	C
	6:30P-7:15P	ZUMBA® Fitness	Todd	C
	<b>7:30P-8:00P</b>	<b>STRONG 30™</b>	<b>Todd</b>	<b>C</b>
<b>TH</b>	5:15A-6:00A	Bootcamp	Blake	D
	9:00A-9:45A	Bootcamp	Heidi	D
	9:45A-10:30A	Barre	Heidi	C
	10:30A-11:30A	SilverSneakers® Classic	Susie	Dance
	10:30A-11:15A	ZUMBA® Fitness	Brynden	C
	4:45P-5:30P	Muscle Pump	Kristy	C
	<b>5:30P-6:00P</b>	<b>Y-Box</b>	<b>Kristy</b>	<b>C</b>
	6:00P-7:00P	ZUMBA® Fitness	Joel	C
	7:00P-8:00P	STRONG 60™	Joel	C
<b>FR</b>	10:00A-11:00A	ZUMBA® Fitness	Brynden	C
	9:30A-10:30A	Boomer Bootcamp	Lindsey	D
	4:45P-5:45P	Bootcamp	Finnie	D
<b>SA</b>	10:00A-11:00A	TurboKick®	Christi	C
	11:00A-12:00P	ZUMBA® Fitness	Melissa W.	C
	1:30P-2:30P	Muscle Pump	Holly	C

## CYCLE

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

## MIND & BODY

	Time	Class	Instructor	Room
<b>MO</b>	9:00A-10:00A	Intermediate Yoga	Tyler	B
	5:30P-6:30P	Beginner Yoga	Dorothy	B
<b>TU</b>	9:00A-10:00A	Beginner Yoga	Valerie L.	B
	9:30A-10:30A	SilverSneakers® Yoga	Lindsey	Dance
<b>WE</b>	9:00A-10:00A	Beginner Yoga	Tyler	B
<b>TH</b>	9:00A-10:00A	Beginner Yoga	Valerie L.	B
	9:30A-10:30A	Chair Yoga	Dorothy	Dance
<b>FR</b>	9:00A-10:00A	Beginner Yoga	Valerie E.	B
<b>SA</b>	8:00A-9:00A	Beginner Yoga	Dorothy	B
<b>SU</b>	12:00P-1:00P	Beginner Yoga	Muggie	B