

EAST YMCA

Group Exercise Schedule—Land & Water

Effective 6/22/20 – 9/6/20

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 316.685.2251 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!



Updated 3/12/19



MIND BODY

| | Time | Class | Instructor | Room |
|----|---------------|----------------------|-------------|----------|
| TU | 9:00A-10:00A | Intermediate Yoga | Molly | Studio A |
| | 10:30A-11:30P | SilverSneakers® Yoga | Mary Beth | Studio B |
| | 5:30P-6:15P | Pilates | Jessica | Studio A |
| WE | 10:15A-11:15A | Pilates | Jessica | Studio A |
| | 10:30A-11:30A | SilverSneakers® Yoga | Mary Beth | Studio B |
| TH | 9:00A-10:00A | Intermediate Yoga | Molly | Studio A |
| | 5:30P-6:30P | Intermediate Yoga | Ken | Studio A |
| FR | 8:00A-9:00A | Gentle Yoga | Ken | Studio A |
| | 10:15A-11:15A | Pilates | Jessica | Studio A |
| | 10:30A-11:30A | SilverSneakers® Yoga | Mary Beth | Studio B |
| | 11:30A-12:30P | Gentle Yoga | Ken | Studio A |
| SA | 10:30A-11:30A | Intermediate Yoga | Stephanie N | Studio B |
| SU | 12:00P-1:00P | Gentle Yoga | Ken | Studio B |



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-Friday 8:00A-8:30P
 Saturday 8:00A-5:00P
 Sunday 12:00P-5:00P

CARDIO & STRENGTH

| | Time | Class | Instructor | Room |
|-----------|----------------------|----------------------------|------------------|-----------------|
| MO | 5:30A-6:30A | Body Blitz | Angela W | Studio B |
| | 9:15A-10:00A | STRONG 45 | Anne | Studio B |
| | 10:00A-10:30P | Boomer Cardio Craze | Mary Beth | Studio B |
| | 10:30A-11:30A | SilverSneakers® Classic | Sheryl | Studio B |
| | 5:30P-6:30P | Muscle Pump | Anne | Studio B |
| | 7:30P-8:15P | Step | Matt | Studio B |
| TU | 6:30P-7:30P | ZUMBA® Fitness | Aimee | Studio B |
| WE | 8:30A-9:15A | TurboKick™ | Kristian | Studio A |
| | 9:15A-10:00A | ZUMBA® Fitness | Angie | Studio B |
| | 10:00A-10:30A | Boomer Cardio Craze | Mary Beth | Studio B |
| | 5:30P-6:30P | Muscle Pump | Sarah | Studio B |
| | 6:30P-7:15P | TurboKick™ | Hannah | Studio B |
| TH | 8:30A-9:15A | Cardio CRAZE | Matt | Studio B |
| | 9:15A-10:15A | Body Blitz | Angela W | Studio B |
| | 10:30A-11:30A | SilverSneakers® Classic | Sheryl | Studio B |
| | 6:30P-7:30P | ZUMBA® Fitness | Aimee | Studio B |
| FR | 9:00A-10:00A | ZUMBA® Fitness | Angie | Studio B |
| | 10:00A-10:30A | Boomer Cardio Craze | Mary Beth | Studio B |
| SA | 9:30A-10:15A | Muscle Pump | Stephanie N | Studio B |
| SU | 9:15A-10:15A | Muscle Pump | Hannah | Studio B |

CYCLE

| | MO | TU | WE | FR | SA |
|-------------|-------|--------------|-------------|--------------|-------------|
| 5:30P-6:15P | Cycle | | | | |
| | | 5:30A-6:15A | | | |
| | | 9:15A-10:15A | | | |
| | | | 5:30A-6:30A | | |
| | | | 8:00A-8:45A | | |
| | | | | 9:15A-10:00A | |
| | | | | | 8:15A-9:00A |

WATER EXERCISE

| | MO | TU | WE | TH | FR | SA |
|---------------|--------------------|---------------|---------------|---------------|--------------|-------------|
| 9:00A-10:00A | Water Works | | | | | |
| 11:30A-12:30A | Boomer Water Works | | | | | |
| | | 9:00A-10:00A | | | | |
| | | 11:30A-12:30P | | | | |
| | | | 9:00A-10:00A | | | |
| | | | 11:30A-12:30P | | | |
| | | | | 9:00A-10:00A | | |
| | | | | 11:30A-12:30P | | |
| | | | | | 9:00A-10:00A | |
| | | | | | | 8:30A-9:30A |

