

# EL DORADO YMCA

## Group Exercise Schedule—Land & Water

Effective 6/22/2020– 9/6/2020

### 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!

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**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.

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### 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.

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### 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 6/26/20



## CYCLE

	Time	Class	Instructor	Room
TU	6:00P-7:00P	Cycle	Cheri	B
TH	6:00P-7:00P	Cycle	Cheri	B

## WATER EXERCISE

	Time	Class	Instructor	Room
MO	10:15A-11:00A	Water Bootcamp	Bert	Family
TU	10:15A-11:15A	Water Works	Diana	Family
	6:45P-7:30P	Water Tabata	Wendy	Family
WE	10:15A-11:00A	Water Tabata	April	Family
	11:00A-11:45A	Water Arthritis	April	Family
TH	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

**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-8:30P  
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
<b>MO</b>	5:00A-6:00A	Bootcamp (Cardio )	Bert	Gym 1
	<b>8:30A-9:00A</b>	<b>Cardio Craze</b>	<b>Katrina</b>	<b>B</b>
	9:00A-10:00A	Muscle Pump	Katrina	B
	<b>12:15P-12:45P</b>	<b>HIIT (Bootcamp)</b>	<b>Bert</b>	<b>Gym 1</b>
	5:00P-6:00P	Muscle Pump	Brandy	B
<b>TU</b>	5:00A-6:00A	Bootcamp (Strength)	Kody	Gym 1
	9:00A-10:00A	Bootcamp ( Cardio and Strength)	Kera	Gym 1
	<b>12:15P-12:45P</b>	<b>Bootcamp Kettlebell</b>	<b>Bert</b>	<b>Gym 1</b>
	5:00P-6:00P	Muscle Pump	Brandy	A
<b>WE</b>	9:00A-10:00A	Body Design	April	A
	10:00A-11:00A	SilverSneakers® Circuit	Collette	B
	12:15P-1:00P	HIIT Bootcamp	Bert	Gym 1
	6:00P-7:00P	Muscle Pump	Brandy	B
<b>TH</b>	5:00A-6:00A	Tabata Bootcamp	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
	12:15P-1:00P	HIIT Bootcamp	Bert	Gym 1
	<b>4:30P-5:00P</b>	<b>Cardio Craze</b>	<b>Katrina</b>	<b>A</b>
	5:00P-6:00P	Muscle Pump	Katrina	A
<b>FR</b>	<b>8:30A-9:00A</b>	<b>Cardio Craze</b>	<b>Katrina</b>	<b>B</b>
	9:00A-10:00A	Muscle Pump	Katrina	B
	<b>12:15P-12:45P</b>	<b>CORE</b>	Dalton	A
<b>SA</b>	<b>9:00A-9:30A</b>	<b>Tabata</b>	<b>Bert</b>	<b>Gym 1</b>
	<b>9:30A-10:00A</b>	<b>CORE</b>	<b>Bert</b>	<b>Gym 1</b>

**MIND BODY**

	Time	Class	Instructor	Room
<b>TU</b>	10:00A-11:00A	Pilates	Jan	A
	11:00A-12:00P	Yoga	Jan	B
<b>WE</b>	11:00A-12:00P	Tai Chi	Collette	B
<b>TH</b>	10:00A-11:00A	Pilates	Jan	A
	11:00A-12:00P	Yoga	Jan	B
<b>FR</b>	9:00A-10:00A	Pilates	Kera	A