STEVE CLARK YMCA

Group Exercise Schedule—Land

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 316.776.8370 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!

GET IT ON Google Play | Download on the App Store

CYCLE

	Time	Class	Instructor	Room
MO				
TU	6:00a-6:45a	Cycle	Angela	MPR
WE				
TH	8:30a-9:15a	Cycle	Kim	MPR
FR	8:30a-9:30a	Cycle Circuit	Kelley	MPR
SA				
SU				

PiYO INSTRUCTOR · ZUMBA fitness · SilverSneakers by Tivity Health · aqua ZUMBA

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	8:30a-9:00a	Strong 30	Kelley	B
	9:00a-9:30a	Barre	Kelley	B
	9:30a-10:00a	PiYo	Kelley	B
	11:00a-11:45a	Youth Bootcamp	Staff	Turf
	11:00a-12:00p	Zumba	Rose	B
	12:00p-12:45p	Bootcamp	David	Turf
	5:30p-6:30p	Muscle Pump	Vi	A
	6:30p-7:15p	Sh'Bam	Vi	B
	7:30p-8:15p	Strong 45	Aimee	B
TU	8:30a-9:15a	TurboKick	Kelley	A
	9:30a-10:15a	Body Design	Shalen	A
	10:30a-11:15a	Silver Sneakers Circuit	Shalen	B
	5:30p-6:15p	PiYo	Shonda	B
	6:30p-7:15p	Zumba	Charis	B
WE	8:30a-9:30a	Muscle Pump	Kim	A
	10:00a-10:45a	Bootcamp	Emily	Turf
	11:00a-11:45a	Youth Bootcamp	Staff	Turf
	4:00p-4:45p	TurboKick	Kelley	A
	6:30p-7:15p	Strong 45	Vi	B
	7:30p-8:00p	Core	Vi	A
	7:30p-8:30p	Zumba	Rose	B
TH	8:30a-9:15a	Insanity	Kelley	A
	9:30a-10:15a	Body Blitz	Kelley	A
	4:00p-4:45p	Bootcamp	Emily	Turf
	6:30p-7:15p	Zumba	Charis	B
F	6:00a-6:45a	PiYo	Kelley	B
	10:00a-10:45a	Bootcamp	Jack	Turf
Sa	8:30a-9:15a	TurboKick	Kelley	A
	9:15a-10:00a	PiYo	Kelley	A
SU				

MIND BODY

	Time	Class	Instructor	Room
MO				
TU	9:00a-10:00a	Power Yoga	Linda	B
WE	9:00a-10:00a	Intermediate Yoga	Hozanna	B
TH	9:30a-10:15a	Pilates	Kim	B
FR				
SA				
SU				