

EAST YMCA

Group Exercise Schedule—Land & Water

Effective 09/08/20 - 10/31/20

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!



MIND BODY

	Time	Class	Instructor	Room
TU	8:45A-9:45A	Intermediate Yoga	Molly	Studio A
	10:30A-11:30A	SilverSneakers® Yoga	Toni	Studio B
	5:30P-6:15P	Pilates	Jessica	Studio A
WE	10:15A-11:15A	Pilates	Jessica	Studio A
TH	8:45A-9:45A	Intermediate Yoga	Molly	Studio A
	5:30P-6:30P	Intermediate Yoga	Ken	Studio A
FR	8:00A-9:00A	Gentle Yoga	Ken	Studio A
	10:30A-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-Thursday 8:00A-12:00P and 4:00P-8:30P
 Friday 8:00A-12:00P and 4:00P-7:30P
 Saturday 8:00A-12:00P
 Sunday 1:00P-4:00P

CARDIO & STRENGTH

	Time	Class	Instructor	Room
MO	5:30A-6:30A	Body Blitz	Angela W	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	10:15A-11:00A	PiYo®	Rosa	Studio A
	5:30P-6:15P	STRONG Nation™	Anne	Studio B
	6:30P-7:30P	ZUMBA® Fitness	Aimee	Studio B
WE	9:00A-10:00A	ZUMBA® Fitness	Angie	Studio B
	10:00A-10:30A	Boomer Cardio Craze	Mary Beth	Studio B
	10:30A-11:30A	Silver Sneakers® Classic	Mary Beth	Studio B
	5:30P-6:30P	Muscle Pump	Sarah	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
	5:30P-6:15P	STRONG Nation™	Aimee	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
	10:00A-10:45A	Boomer Bootcamp	Anne	Loft
SA	9:30A-10:15A	Muscle Pump	Stephanie N	Studio B
SU	9:15A-10:15A	Muscle Pump	Hannah	Studio B

CYCLE

	Time	Class	Instructor	Room
MO	5:30P-6:15P	Cycle	Ashley	Studio C
TU	5:30A-6:15A	Cycle	Angie	Studio C
	9:15A-10:15A	Cycle Circuit	Angela W	Studio C
WE	5:30A-6:30A	Cycle Circuit	Angela W	Studio C
	5:30P-6:15P	Cycle	Toni	Studio C
TH	6:15P-7:00P	Hip Hop Cycle	Chawn	Studio C
FR	9:15A-10:00A	Cycle	Ashley	Studio C
SA	8:15A-9:00A	Cycle	Anne	Studio C

WATER EXERCISE

	Time	Class	Instructor	Room
MO	9:00A-10:00A	Water Works	Asa	Lap
	11:00A-12:00A	Boomer Water Works	Asa	Family
TU	9:00A-10:00A	Water Works	Asa	Lap
	11:00A-12:00A	Boomer Water Works	Asa	Family
WE	9:00A-10:00A	Water Works	Sheryl	Lap
	11:00A-12:00A	Boomer Water Works	Asa	Family
TH	9:00A-10:00A	Water Works	Asa	Lap
	11:00A-12:00A	Boomer Water Works	Asa	Family
FR	9:00A-10:00A	Water Tabata	Angela C	Lap
SA	8:30A-9:30A	Water Works	Kristin	Lap

