

NORTH YMCA

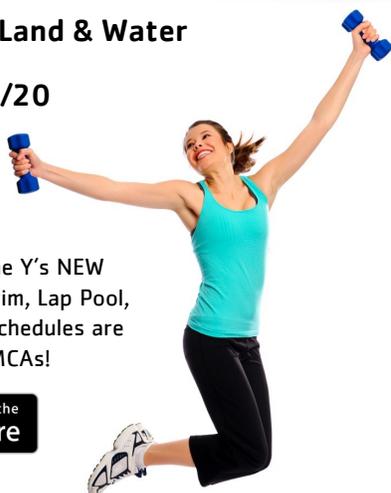
Group Exercise Schedule—Land & Water

Effective 09/08/20–10/31/20

CHECK IT OUT

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!



WHAT'S NEW!

STRONG by Zumba® is a high intensity workout that combines interval training, plyometrics, and cardio for a full body workout. In every class, music and moves sync together in a way that will push you past your perceived limits. Feel every beat +Sync every move in **STRONG by Zumba®**.

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 316.858.9622 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.

WATER EXERCISE

	Time	Class	Instructor	Pool
MO	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Working Down Under	Dana	Lap
	10:00A-11:00A	Water Tabata	Bev	Family
	11:00A-12:00P	Water Works	Bev	Family
	7:00P-8:00P	Water Bootcamp	Jackie	Family
TU	8:00A-9:00A	Water Tabata	Cheryl	Family
	9:00A-10:00A	Arthritis Water Exercise	Cheryl	Family
	10:00A-11:00A	Working Down Under	Cheryl	Lap
	7:15P-8:00P	AQUA ZUMBA®	Katie	Family
WE	5:30A-6:15A	AQUA ZUMBA®	Melissa	Family
	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Working Down Under	Dana	Lap
	10:00A-11:00A	Water Tabata	Bev	Family
	11:00A-12:00P	Water Works	Bev	Family
TH	7:15P-8:00P	Water Tabata	Katie	Family
	8:00A-9:00A	Water Tabata	Bev	Family
	9:00A-10:00A	Arthritis Water Exercise	Bev	Family
	10:00A-11:00A	Water Tabata (Deep)	Bev	Lap
FR	7:15P-8:00P	Water Bootcamp	Cheryl	Family
	8:00A-9:00A	Water Works	Dana	Family
	9:00A-10:00A	Working Down Under	Dana	Lap
	10:00A-11:00A	Aqua Body Design	Cheryl	Family
SA	11:00A-12:00P	Water Works	Cheryl	Family
	12:00P-1:00P	Water Bootcamp	Jackie	Family
	1:00P-2:00P	AQUA ZUMBA®	Katie	Family

CYCLE

	Time	Class	Instructor	Room
MO	5:15A-6:00A	Cycle	Jana	Loft
	8:45A-9:30A	Cycle	Isha	Loft
	5:30P-6:15P	Cycle	Melinda	Loft
TU	8:45A-9:30A	Cycle HIIT	Haley	Loft
WE	8:45A-9:30A	Cycle	Isha	Loft
TH	8:45A-9:30A	Cycle HIIT	Haley	Loft
FR				
SA				
SU				

KID ZONE HOURS

Drop in nursery available for members' children ages 6 weeks to 7 years
 Monday-Friday 8:00A-12:00P 4:00P-7:30P
 Saturday 8:00A-12:00P
 Sunday 1:00P-4:00P

CARDIO & STRENGTH

	Time	Class	Instructor	Room	
MO	8:45A-9:30A	Strong Nation®	Haley	C	
	9:30A-10:30A	ZUMBA® Fitness	Rose	C	
	9:45A-10:30A	Boomer Bootcamp	Melissa	Loft	
	10:30A-11:30A	Muscle Pump	Isha	C	
	11:45A-12:30P	Body Design	Jenni	C	
	5:30P-6:00P	Strong 30®	Charity	C	
	6:00P-6:45P	ZUMBA® Fitness	Charity	C	
TU	5:15A-6:00A	TurboKick™	Maribeth	C	
	8:45A-9:30A	Barre	Isha	C	
	9:30A-10:30A	ZUMBA® Fitness	Isha	C	
	5:30P-6:15P	Muscle Pump	Isha	C	
	5:30P-6:15P	Bootcamp	Zach	Queenax	
	6:30P-7:30P	TurboKick™	Melinda	C	
WE	5:15A-6:00A	Muscle Pump	Bernadette	C	
	8:45A-9:30A	Strong Nation®	Jessie	C	
	9:30A-10:30A	ZUMBA® Fitness	Jessie	C	
	9:45A-10:30A	Boomer Bootcamp	Melissa	Loft	
	10:30-11:30A	Muscle Pump	Isha	C	
	11:45A-12:30P	TurboKick™	Maribeth	C	
	5:30P-6:00P	Strong 30®	Haley	C	
	6:00P-6:45A	ZUMBA® Fitness	Haley	C	
TH	8:45A-9:30A	Barre	Isha	C	
	9:30A-10:30A	ZUMBA® Fitness	Isha	C	
	5:30P-6:15p	Muscle Pump	Jescia	C	
	5:30P-6:15P	Bootcamp	Zach	Queenax	
FR	5:15A-6:00A	Barre	Bernadette	C	
	8:45A-9:30A	Muscle Pump	Hannah	C	
	9:45A-10:30A	TurboKick™	Hannah	C	
	9:45A-10:30A	Boomer Bootcamp	Zach	Loft	
	10:30A-11:30A	ZUMBA® Fitness	Haley	C	
	5:30P-6:00P	Strong 30	Katie	C	
		6:00P-6:45P	ZUMBA® Fitness	Katie	C

CARDIO & STRENGTH

	Time	Class	Instructor	Room
SA	8:30A-9:30A	Strong 60®	Charity	C
	9:30A-10:30A	ZUMBA® Fitness	Isha/Charity	C
	9:30A-10:15A	Bootcamp	Zach	Queenax
	10:30A-11:30A	TurboKick™	Melinda	C
SU	2:00P-2:30P	Strong 30®	Brynden	C
	2:30P-3:30P	ZUMBA® Fitness	Brynden	C

MIND BODY

	Time	Class	Instructor	Room
MO	12:00P-12:45P	Intermediate Yoga	Valerie	D
	5:30P-6:15P	Pilates	Dayla	D
	6:30P-7:30P	Intermediate Yoga	Ginger	D
TU	10:30A-11:30A	Gentle Yoga	Marty	D
	10:45A-11:30A	Chair Yoga	Suresh	C
	6:30P-7:30P	PiYo®	Laura	D
WE	12:00P-12:45P	Intermediate Yoga	Valerie	D
	5:30P-6:30P	Power Yoga	Isha	D
TH	10:30A-11:30A	Gentle Yoga	Marty	D
	10:45A-11:45A	Chair yoga	Suresh	C
	12:00P-12:45P	Pilates	Stephanie	D
	6:30P-7:30P	Beginner Yoga	Jescia	D
FR	6:00P-7:00P	PiYo®	Laura	D
SA	8:30A-9:30A	Intermediate Yoga	Tyler	D
	9:30A-10:30A	Beginner Yoga	Dorothy	D

SU