



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRY NEW THINGS!

## 2022 Land Exercise Classes March — May

For questions or concerns please contact Nolan Soto at 620.275.1199 ext. 205 or  
nsoto@ymcaswkansas.org

Time	Monday	Rm	Instructor
5:45-6:30 AM	TRX Queenax Class*	D	Steven
8:30-9:15 AM	Toning/Exercise Balls	AS	Dana
5:30-6:30 PM	Body Transformation*	D	Tasha
5:30-6:30 PM	Zumba	AS	Yecenia
6:30-7:30 PM	Step Aerobics	AS	Monica

Time	Thursday	Rm	Instructor
5:30-6:15 AM	Yoga4Life	AS	Troy
8:30 - 9:15 AM	Body/Flex	AS	Dana
5:15-6:45 PM	Just Spin*	SS	Rafaela
5:30-6:30 PM	Body Transformation*	D	Tasha
5:30-6:30 PM	Zumba	AS	Yecenia

Time	Tuesday	Rm	Instructor
5:30-6:15 AM	Yoga4Life	AS	Troy
8:30-9:15 AM	Body Sculpting	AS	Dana
5:15-6:45 PM	Just Spin*	SS	Rafaela
6:30-7:30 PM	Zumba	AS	Vilma
5:30-6:30 PM	Body Transformation*	D	Tasha

Time	Friday	Rm	Instructor
5:45-6:30 AM	TRX Queenax Class*	D	Steven
5:30-6:30 PM	Body Transformation*	D	Tasha
6:30-7:30 PM	Step Aerobics	AS	Monica

Time	Wednesday	Rm	Instructor
5:45-6:30 AM	TRX Queenax Class*	D	Steven
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Body Transformation*	D	Tasha
6:30-7:30 PM	Step Aerobics	AS	Monica

### Key

D: Dome AS: Aerobics Studio BP: Birthday Party Room  
SS: Spinning Studio G: Gym  
\*- Class Requires a Registration Fee

## YMCA 360 ON DEMAND

*Take an exercise class ANYTIME you want!!*

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**FREE** for all current YMCA members. Go to [ymca360.org](http://ymca360.org) and get your account registered. Ask MSA for a key to Aerobics Studio and remote control to TV to get started on your time and day of your wish.

Do the class on *YOUR SCHEDULE!!!!!!!*