



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY NEW THINGS!

2022 Land Exercise Classes

August - December

For questions or concerns please contact our Dome & Operations Director Stacy Castoe at 620.275.1199 ext. 101
Or email scastoe@ymcaswkansas.org

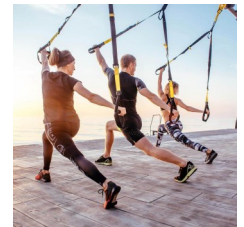
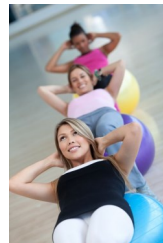
Time	Monday	Rm	Instructor
8:30 - 9:15 AM	Toning/Exercise Balls	AS	Dana
5:30 - 6:30 PM	Zumba	AS	Yecenia
6:30 - 7:30 PM	Step Aerobics	AS	Monica
5:30-6:30 PM	Body Transformation*	D	Tasha

Time	Tuesday	Rm	Instructor
5:30 - 6:30 AM	Yoga	AS	Troy
5:45 - 6:30 AM	* TRX Queenax Class	D	Steven
8:30 - 9:15 AM	Body Sculpting	AS	Dana
4:45 - 5:30 PM	* TRX Queenax Class	D	Steven
5:30-6:30 PM	Just Spin*	SS	Rafaela
5:30-6:30 PM	Body Transformation*	D	Tasha
6:30 - 7:20 PM	Zumba	AS	Vilma

Time	Wednesday	Rm	Instructor
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

Time	Thursday	Rm	Instructor
5:30 - 6:30 AM	Yoga	AS	Troy
5:45 - 6:30 AM	* TRX Queenax Class	D	Steven
8:30 - 9:15 AM	Body/Flex	AS	Dana
4:45 - 5:30 PM	* TRX Queenax Class	D	Steven
5:30-6:30 PM	Just Spin*	SS	Rafaela
5:30 - 6:30 PM	Zumba	AS	Yecenia
5:30-6:30 PM	Body Transformation*	D	Tasha

Time	Friday	Rm	Instructor
5:30-6:30 PM	Body Transformation*	D	Tasha



Key - D: Dome **AS:** Aerobics Studio
***- Class Requires a Registration Fee**

YMCA 360 ON DEMAND

Take an exercise class ANYTIME you want!!

YMCA 360, an exclusive collection of on-demand and livestream classes. We have TWO 55' TV's ready for YOU! Pick a class that suits your lifestyle.

FREE for all current YMCA members. Go to 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!