## 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

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### 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

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

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